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SWEDEN**

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TRAVEL TO SWEDEN

Conversation Cheat Sheet

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MONEY & SHOPPING

Is there an ATM nearby?

Finns det en bankomat i närheten?

How much is ~ ?

Hur mycket kostar ~ ?



thousand crowns
tusen kronor



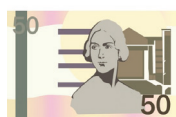
five hundred crowns
femhundra kronor



two hundred crowns
tvåhundra kronor



hundred crowns
hundra kronor



fifty crowns
femtio kronor



twenty crowns
tjugo kronor



ten crowns
tio kronor



five crowns
fem kronor



one crown
en krona

AROUND TOWN

Where is ~ ?
Var är ~ ?

I'd like to go to ~.
Jag skulle vilja gå till ~.



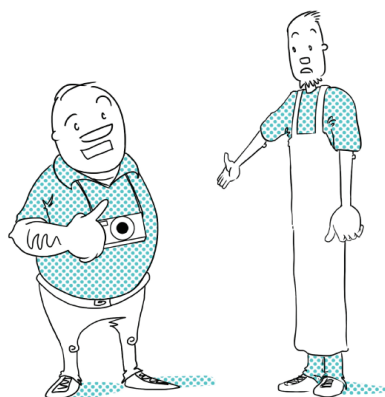
Stockholm City Hall
Stockholms stadshus



Vasa Museum
Vasamuseet



Stockholm Palace
Stockholms slott



Old Town
Gamla stan



Great Copper Mountain
Falun koppargruva



Drottningholm Palace
Drottningholms slott

SURVIVAL PHRASES

Please take me to ~.

Ta mig till ~.

Where is the station?

Var är stationen?

Where is the restroom?

Var är toaletten?

COMMUNICATION

Hello.

Hej

Excuse me.

Ursäkta mig.

I'm sorry.

Förlåt.

Excuse me.
Ursäkta mig.

Hello.
Hej.

Nice to meet you.

Trevligt att träffas.

Please.

Snälla. / Tack.

Yes.

Ja.

I am ~.

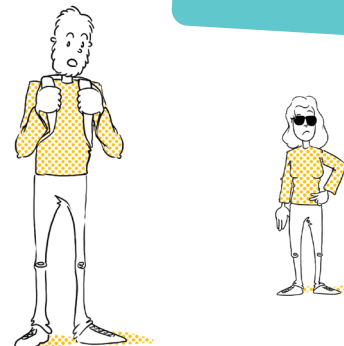
Jag är ~.

Thank you.

Tack.

No.

Nej.



ASKING QUESTIONS

Do you understand?

Förstår du?

I understand.

Jag förstår.

I don't understand.

Jag förstår inte.

I don't understand.
Jag förstår inte.

Do you speak English?

Talar du engelska?

Yes, I do.

Ja, det gör jag.

No I don't.

Nej, det gör jag inte.



Can you eat this?

Kan du äta det här?

Of course.

Självklart.

No, I can't eat it.

Nej, jag kan inte äta det.

ORDERING FOOD



Swedish buffet

Smörgårsbord



pyttipanna

pyttipanna



ginger biscuit

pepparkaka



lingonberry jam

lingonsylt

~ please.
~ tack.

What do you recommend?
Vad rekommenderar du?



meatballs

köttbullar



Janssons frestelse

Janssons frestelse



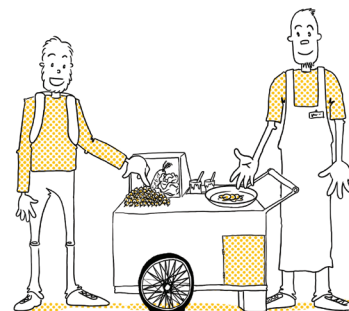
gravlax

gravad lax



surströmming

surströmming



COUNTERS

1

ett

2

två

3

tre

4

fyra

5

fem

6

sex

7

sju

8

åtta

9

nio

10

tio

~ please.
~ tack.

COUNTERS

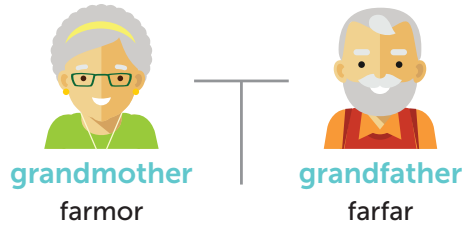
FAMILY & RELATIVES

Conversation Cheat Sheet



FAMILY RELATIONS

What kind of person is your ~?
Vilken typ av person är din~?



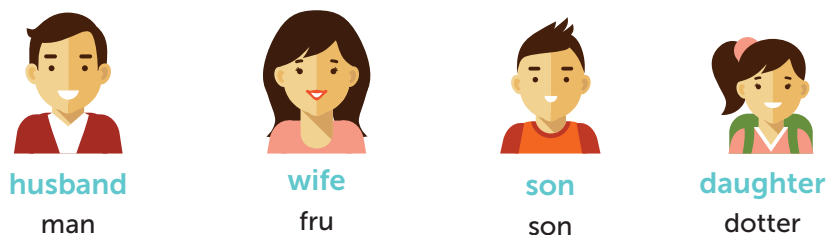
How's your mother?

☺ Hur mår din mamma?

My mother is well.

☺ Min mamma mår bra.

FAMILY RELATIONS



Forward my greetings to your ~.
Hälsa din ~.

PETS

I have a ~.
Jag har en ~.

dog
hund

cat
katt

bird
fågel

fish
fisk

bunny
kanin

snake
orm

FIRST MEETING

Nice to meet you.

Trevligt att träffas.

Where are you from?

Var kommer du ifrån?

Can I sit here?

Kan jag sitta här?

What's your name?

Vad heter du?

I'm from Stockholm.

Jag är från Stockholm.

What is this?

Vad är det här?

How are you?

Hur mår du?

This is for you.

Det här är till dig.

How long will you stay?

Hur länge ska du stanna?

I've heard a lot about you.

Jag har hört mycket om dig.

How many people are there in your family?

Hur många personer är det i din familj?

It was nice to meet you.

Det var trevligt att träffas.

HOLIDAYS AND OBSERVANCES

What do you do on ~?
Vad gör du på~?



Epiphany

Trettondagen



Easter

Påsk



Waffle Day

Våffeldagen



Walpurgis Night

Valborgsmässoafton

When is ~?

☹ När är~?

Please tell me more about ~.

☹ Berätta mer om ~är du snäll.



National day

Sveriges nationaldag



Midsummer Day

Midsommardagen



All Saints' Day

Alla helgons dag



Christmas

Jul

CELEBRATIONS

Happy birthday!

Grattis på födelsedagen!

April Fools!

April april din dumma sill!

Merry Christmas!

God jul!

Congratulations!

Grattis!

Happy Halloween!

Glad halloween!

Happy New Year!

Gott nytt år!

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DINING LIKE A CHAMP

Conversation Cheat Sheet

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Phrases You Need to Know at the Dining Table

I have a reservation at nine.

Jag har en reservation för klockan nio.

Do you have a table for two?

Har du ett bord för två?

May I have a menu?

Skulle jag kunna få en meny?

May I order?

Kan jag få beställa?

What do you recommend?

Vad rekommenderar du?

I'll have this, please.

Jag tar den här, tack.

Excuse me.

Ursäkta mig.

My order hasn't come yet.

Min beställning har inte kommit ännu.

Check, please.

Notan tack.

Top Words You'll Need at the Restaurant

POINT & SPEAK
PEKA & TALA

~ please.
~ tack.



appetizer
apetitretare



main dish
huvudrätt



dessert
efterrätt



chicken
kyckling



beef
nötkött



pork
fläsk



salad
sallad



seafood
skaldjur

What are today's specials?

Vad är dagens special?

Can I have a drink menu?

Kan jag få en drycksmeny?

Can I have some more ~?

Kan jag få lite mer ~?

Counters

1
ett

2
två

3
tre

4
fyra

5
fem

6
sex

7
sju

8
åtta

9
nio

10
tio

How to Choose The Best Foods to Fit Your Preferences

With ~, please.

Med ~, tack.

meat

kött

fish

fisk

vegetables

grönsaker

butter

smör

sugar

socker

olive oil

olivolja

Without ~, please.

Utan ~, tack.

bell pepper

paprika

onions

lök

wine

vin

cheese

ost

tomato

tomat

alcohol

alkohol

Does this dish contain any ~?

Innehåller den här maträtten ~?

I can't eat/drink ~.

Jag kan inte äta/dricka ~.

Please remove ~ from this dish.

Var snäll och ta bort ~ från maten.

Table Request In The Restaurant

Can you bring me (a) ~?

Kan du ge mig en ~?

spoon

sked

fork

gaffel

knife

kniv

napkin

servett

salt

salt

black pepper

svartpeppar

I need (a) ~.

Jag behöver (en/ett) ~.

water

vatten

bread

bröd

drink

dryck

menu

meny

coffee

kaffe

dessert

efterrätt

Complimenting and Criticizing the Food

It's delicious!

Det är gott!

It looks tasty.

Det ser gott ut.

It's very good.

Det är väldigt gott.

It's overcooked.

Det är överkokt.

It lacks salt.

Det saknas salt.

It's raw!

Den är rå!

It smells so nice.

Det luktar gott.

This is not fresh.

Den här är inte färsk

It's too spicy.

Det är för kryddigt.

Food Allergies & Restrictions!

I am allergic to ~.

Jag är allergisk mot ~.

meat

kött

eggs

ägg

milk

mjölk

peanuts

jordnötter

shellfish

skaldjur

wheat

vete

soy

soja

fish

fisk

I am a vegetarian.

Jag är vegetarian.

I am a vegan.

Jag är vegan.

I can't eat pork.

Jag kan inte äta fläsk.



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LESSON NOTES

Survival Phrases S1 #1

How to Say Thank You in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

1

SWEDISH

1. Tack.
2. Tackar.
3. Tack så mycket.

ENGLISH

1. Thank you.
2. Thanks.
3. Thank you very much.

VOCABULARY

Swedish	English
tack	thank you
tackar	thanks
tack så mycket.	thank you very much
tack snälla ni.	thank you very much, how kind of you

SAMPLE SENTENCES

Tack för hjälpen. "Thank you for the help."	Tackar, det var snällt. "Thanks, that was nice of you."
---	---

Tack så mycket för maten.

"Thank you very much for the food."

Tack snälla ni, er hjälp är oersättlig.

"Thank you very much, how kind of you, your help is irreplaceable."

GRAMMAR

These Survival Phrases will come in handy in all situations. You could also use them on any person you are talking to; to a clerk, a waiter, a boss, the police. Did you know that the Swedes are some of the most thankful people? We thank people a lot and you will probably receive a smile if you thank someone in Swedish.

When at a store or restaurant the most common way to thank someone is with the short *tack*. This literally means "thank you."

A longer way to thank someone would be *tack så mycket*. You would use this if you get several compliments in a row or when someone has done something you are very grateful for. If you stay with a host family they would be both surprised and be very happy if use the phrase *tack så mycket* while thanking them for their hospitality. *Så mycket* means "so much" so you're actually saying "thanks so much."

You could use *tackar*, equivalent to the English "thanks," at any time too. It would be appropriate in all situations. There are no words that are taboo in any situation, so don't be afraid to use *tackar* or *tack*.

CULTURAL INSIGHT

Quick Tip #1

To bring your gratitude to the next level, try this next Survival Phrase. *Tack snälla ni* means "thank you very much, how kind of you (plural)." This expression implies that you are so grateful that you would do anything in return for what has been done for you. One of my favorite Survival Phrases!

Quick Tip

#2

Choosing which thank you to use is an individual choice. Some Swedes always say *tack så mycket* or *tackar* rather than *tack*. Meaning remains the same.

LESSON NOTES

Survival Phrases S1 #2

How to Say "You're Welcome" in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

2

SWEDISH

1. Varsågod.
2. Inga problem.

ENGLISH

1. You're welcome.
2. No problem.

VOCABULARY

Swedish	English	Class
inga problem	"no problem"	phrase
det var inget	"it was nothing"	phrase
varsågod	you're welcome	expression

SAMPLE SENTENCES

Det fixar jag, inga problem. "I'll fix that, no problem."	Det var inget, jag hjälper dig när som helst. "It was nothing, I'll help you out anytime."
---	--

Varsågod, det var inget.
"You're welcome, it was nothing."

GRAMMAR

Swedish for "you're welcome" is *var så god*. This Survival Phrase is appropriate at all times, and can be said to anyone, from a lowly janitor to His Majesty King Carl XVI Gustaf. This can also be used as a phrase equivalent to "here you go" when handing someone something. *Var så* means "be so" and *god* means "good" or "kind," so *Var så god* literally means "be so kind."

The next phrase *inga problem* is exactly like the English "no problem" and is used the same way. When someone thanks you, you can say *inga problem* to show that it was your pleasure and that you wanted to do this thing for this person.

Person A: *Var så god*. "Here you are." (giving the person something).

Person B: *Tack så mycket!* "Thank you!"

Person A: *Inga problem*. "No problem."

CULTURAL INSIGHT

Quick Tip #1

If you are very modest about what you've done you can say *det var inget* which means "it was nothing." Add an *äsch* on that which is a softening sound to sound extra polite.

Quick Tip #2

Our first phrase *Var så god* is used in response to the phrase "Thank you." which in Swedish is *Tack*.

You might use this when someone says *tack* after you give them a gift. You can use *var så god* before the person thanks you.

The nuance of the phrase *inga problem* is more like the giver has done something quite kind and the level of appreciation is higher:

Person 1: (Hands person 2 a gift of chocolates) *Var så god*.

Person 2: (Receives chocolates) *Tack*.

Person 1: *Inga problem*.

LESSON NOTES

Survival Phrases S1 #3

Getting What You Want Using Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

3

SWEDISH

1. Den här, tack.
2. Den där, tack.

ENGLISH

1. This, please
2. That, please

VOCABULARY

Swedish	English
Tack	"Please"
Den här, tack	"This, please."
Den där, tack	"That, please."
Snälla	"Please"

SAMPLE SENTENCES

En kopp kaffe, tack. "A cup of coffee, please."	Jag skulle vilja köpa den här, tack. "I would like to buy this, please."
Kan jag få titta på den där, tack. "Can I take a look at that, please."	Snälla, köp den åt mig. "Please, buy it for me."

GRAMMAR

Today's phrase will help you take matters into your own hands! In today's lesson we'll take a look at "Please," as in asking for something.

In Swedish "please" is *tack*. The easiest way to use *tack* is pointing at something while saying *tack*. To be a bit more specific, you can say *den här, tack* which means "it here please." In English "this" comes before please. In Swedish the word order is the same.

When talking about something further from you, you should use *den där*. Literally this means "it there." To ask for it you should say *den där, tack*.

CULTURAL INSIGHT

Quick Tip #1

Tack is not the only way to say please. We also have the word *Snälla* which means "kind." This is used when you want to put the please in front of the sentence instead of the end. For instance, "Please, stop" would be *Snälla, sluta*. This is to make the request a little more determined. In addition, this word could be used as in the following example: "Can I have this, please please please." *Kan jag få den här, snälla snälla snälla*.

Quick Tip #2

You are going to buy a little souvenir and you find a T-shirt with a cartoon moose. Just take the T-shirt and give it to the clerk while saying *Den här, tack* "This, please." The word "please" in this situation is the same word as "thanks." The Swedes like to thank a lot, and to be extra Swedish instead of saying just *tack* you could say *tack på förhand* which means "thanks in advance." This is not appropriate in a local store since the service will not take more than a couple of minutes to perform. Save "thanks in advance" *tack på förhand* for more special occasions. You might use *tack på förhand* if you want something to be done in your hotel room while you are away. This would be a nice way to thank the person for the job, making the request even a bit more polite.

LESSON NOTES

Survival Phrases S1 #4

Basic Swedish Greetings

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

4

SWEDISH

1. Hej.
2. God morgon.
3. God eftermiddag.
4. God kväll.

ENGLISH

1. Hello.
2. Good morning.
3. Good afternoon.
4. Good evening.

VOCABULARY

Swedish	English	Class
hej	hello	
god morgon.	“good morning.”	expression
god eftermiddag.	“good afternoon.”	
god kväll.	“good evening.”	expression
god dag.	“good day.”	

SAMPLE SENTENCES

<p>"Hej, trevligt att träffas."</p> <p>"Hello, nice to meet you."</p>	<p>God morgon, har du sovit gott?</p> <p>"Good morning, did you sleep well?"</p>
<p>God eftermiddag, hur kan jag stå till tjänst?</p> <p>"Good afternoon, how can I be of service?"</p>	<p>God kväll, mina damer och herrar.</p> <p>"Good evening, ladies and gentlemen."</p>

God dag, vackert väder idag.

"Good day, nice weather today."

GRAMMAR

Hej and welcome to another lesson with Swedish Survival Phrases. The universal greeting *hej* is for you to use at anytime and for anyone in the society. Young, old, prime minister and taxi drivers. Whoever! Don't worry about sounding impolite.

In the morning we use the greeting *god morgon* and this is as universal as *hej* but is usually only used in the morning. This is sometimes used as a joke. Actually this is also used when someone doesn't quite get something you are talking about or is just beginning to understand. So as if he just woke up, you could say *god morgon* as if you are implying "where have you been all this time? Asleep?"

This is also a phrase said with different pronunciations. The word *god* almost always becomes *go* when said. The word *morgon* sometimes sounds like *morrn* or *mornn*. Don't be too confused though, you can still say it exactly how it's written and be understood.

God eftermiddag "good afternoon" is hardly used in modern Sweden, but could pop up now and then in more formal occasions. The same is for *god kväll* which means "good evening." This is rarely used in social situations; most Swedes only ever hear *god kväll* on the evening news.

CULTURAL INSIGHT

Quick Tip

#1

After you've greeted someone, you can ask how the other person is feeling by saying *Hur mår du?* which literally means "How are you feeling?" If the person is feeling well, then the response would most likely be *Jag mår bra* where *jag* means "I," *mår* means "feel" and *bra* means "good."

Person #1: *Hej!* "Hello!"

Person #2: *Hej!* "Hello!"

Person #1: *Hur mår du?* "How are you?"

Person #2: *Jag mår bra.* "I feel well."

Quick Tip #2

There is a greeting *god dag* which means exactly the same as "good day." This one is rarely used anymore, like in English, but it's important to still be aware that it exists and that you understand its meaning. If you used it in modern Sweden, you would sound like an old gentlemen.

LESSON NOTES

Survival Phrases S1 #5

How to say Goodbye in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

5

SWEDISH

1. Hej då.
2. God natt.
3. Hej hej.

ENGLISH

1. Good bye.
2. Good night.
3. Buh bye.

VOCABULARY

Swedish	English
farväl	farewell
adjö	farewell.
hej då.	“good bye.”
hej hej.	“buh bye.”
god natt.	“good night.”
vi syns!	see ya!

SAMPLE SENTENCES

<p>Farväl, min kära.</p> <p>"Farewell, my dear."</p>	<p>Jag hatar att säga adjö.</p> <p>"I hate to say farewell."</p>
<p>Hej då, ha det så bra.</p> <p>"Good bye, take care."</p>	<p>Jag måste gå nu, hej hej.</p> <p>"I need to go now, bye."</p>
<p>God natt, vi hörns.</p> <p>"Good night, I'll talk to you soon."</p>	<p>Vi syns imorgon!</p> <p>"See ya tomorrow!"</p>

GRAMMAR

The most common phrase used when saying goodbye to someone in Swedish is *Hej då* which literally means "Hello then." You could use this with a store clerk, a Swedish friend, your teacher etc.

When you want to thank someone while saying goodbye you could say *tack, hej*. This is often used when hanging up a telephone. Also when you've finished your shopping you can thank the store clerk and then add *hej*. This is like the English "thanks, bye."

Now, there are also other phrases to use. For instance *god natt* which means "good night." This is used when you want to say good bye to someone in the late evening. Either when you are parting or if you are sleeping in the same room. You could use *god natt* at the same times you would use "good night" in English.

Farväl is a phrase meaning "farewell." This gives you the feeling of a definite separation of some kind. *Farväl* literally means "safe travel." Swedish also has the word *adjö*, from the French *Adieu*. It literally means "to God." The tone of this word is a little fancier than the other partings and also that it could be a definite separation similar to "farewell." Be careful, the "d" in *adjö* is silent.

CULTURAL INSIGHT

Quick Tip #1

If you wish to meet someone again, you can use either *vi syns*, *vi ses* or *vi hörs*. All are abbreviations of *vi ses och hörs*. This literally is "we are going to be seen and heard."

Quick Tip #2

It is not uncommon to use the basic universal greeting *hej* also when parting. It is also common to repeat it twice *hej hej*. This is a very casual greeting and will definitely impress your Swedish friends. A common mistake made by many non-native Swedish speakers is to say *hej då* twice as a parting greeting. If anyone says *hej då-hej då* during your stay in Sweden, be sure to correct them!

LESSON NOTES

Survival Phrases S1 #6

How to say "Where is the Bathroom" in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

6

SWEDISH

1. Var är toaletten?
2. Herrar.
3. Damer.

ENGLISH

1. Where is the bathroom?
2. Men.
3. Women.

VOCABULARY

Swedish	English
herrar	gents
damer	ladies
WC	water closet
Var är ...?	"Where is ...?"
Var är toaletten?	"Where is the bathroom?"

SAMPLE SENTENCES

Den här toaletten är för herrar. "This toilet is for gents."	Ursäkta, var är damrummet? "Excuse me, where is the ladies room?"
--	---

Vi har ett badrum med separat WC. "We have a bathroom with separate water closet."	Var är utgången? "Where is the exit?"
--	---

Ursäkta, mig var är toaletten?

"Excuse me, where is the bathroom?"

GRAMMAR

Asking for the bathroom in Swedish is easy. First we've got *Var är...* which is the tool for asking questions about location. If you know essential phrases like this one your Swedish will be fluent in no time! So for asking for a specific location, in this case the bathroom, you just add *toaletten* which literally means "the toilet." *Var är toaletten?* Now, remember to use *ursäkta* whenever you want to get someone's attention.

Here are some more examples with this pattern:

- *Var är restaurangen?*, "Where is the restaurant?"
- *Var är posten?*, "Where is the post office?"
- *Var är hotellet?*, "Where is the hotel?"
- *Var är museet?*, "Where is the museum?"

As you can see the pattern is *Var är* + noun in its definite form. Swedish public toilets are often quite nice and clean and always have paper.

CULTURAL INSIGHT

Quick Tip #1

In Sweden there are different signs which mean "bathroom." One of those is the British *WC* which originally meant "Water Closet." You will also see the word for toilet which is *toalett*. In some cases there are no signs, and just the Swedish words for ladies and gentlemen. These are *herrar* for gentlemen and *damer* for ladies. This is the same for locker rooms and other places where the sexes are parted.

LESSON NOTES

Survival Phrases S1 #7

Letting Them Know You Don't Understand Their Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

7

SWEDISH

1. Jag förstår inte.
2. Jag fattar inte.

ENGLISH

1. I don't understand.
2. I don't get it.

VOCABULARY

Swedish	English	Class
Jag förstår inte.	"I don't understand."	expression
Jag fattar inte.	"I don't get it."	

SAMPLE SENTENCES

Jag förstår inte, kan du förklara igen? "I don't understand, can you explain again?"	Jag fattar inte, det är för svårt. "I don't get it, it's too difficult."
--	--

GRAMMAR

During your stay in Sweden you might not catch all of what is said. To make the speaker aware that you don't understand, just use the phrase *Jag förstår inte* and maybe you could

work out a way for the speaker to be understood.

For occasions when you just don't get the context or at times when you can be more casual you can use the phrase *jag fattar inte*, which is somewhat equivalent to the English "I don't get it."

The sentence structure used for this phrase is very essential for making statements if you want to learn more in-depth Swedish and maybe try to build your own phrases. Pronoun/noun + verb makes an affirmative sentence where pronoun/noun + verb + negation *inte* makes a negative sentence.

- *Jag pratar* "I speak"
- *Jag förstår* "I understand"/*Jag förstår inte* "I don't understand"
- *Du pratar* "You speak"/*Du pratar inte* "You don't speak"
- *Du förstår* "You understand"/*Du förstår inte* "You don't understand"

CULTURAL INSIGHT

Quick Tip #1

In Sweden we are taught never to interrupt when someone is speaking so if you don't understand and need to interrupt. Don't forget the phrase *ursäkta*, which means "excuse me," before telling someone that you don't understand.

Quick Tip #2

To say *Jag förstår* could also be equivalent to saying "I see" in English; it implies that you understand something.

LESSON NOTES

Survival Phrases S1 #8

Using English to Your Advantage in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

8

SWEDISH

1. Kan du prata engelska?
2. Kan du prata tyska?

ENGLISH

1. Can you speak English?
2. Can you speak German?

VOCABULARY

Swedish	English	Class
Engelska	English	noun
Tyska	German	
Kan du...?	Can you...?	
Kan du prata...?	Can you talk...?	
Kan du tala...?	"Can you speak...?"	
Ja, lite grand	Yes, a little bit.	

SAMPLE SENTENCES

Jag har studerat engelska på universitetet. "I've studied English at the university."	Jag vill lära mig tyska. "I want to learn German."
---	--

<p>Kan du hjälpa mig?</p> <p>"Can you help me?"</p>	<p>Kan du prata lite mer långsamt?</p> <p>"Can you talk a bit more slowly?"</p>
<p>Kan du tala svenska?</p> <p>"Can you speak Swedish?"</p>	<p>Ja, men bara lite grand.</p> <p>"Yes, but only a little bit."</p>

GRAMMAR

Swedish is a SVO language which means that the sentences are built with subject – verb – object. Using this pattern we can answer "I can speak (language)." As the subject we use *jag* which means "I," the verb *kan* which means "can" and the verb is *prata/tala** which means "talk"/"speak" in their present tense and lastly we've got the language. So "I can speak English" would be *Jag kan prata engelska* or *Jag kan tala engelska*.

*As mentioned, *talar* would sound like something from a text book. To use the verb *pratar* would equip your Swedish with a greater sense of fluency.

CULTURAL INSIGHT

Quick Tip #1

The names of most languages end in *ska* and you can easily make an adjective (singular) of the language by dropping the *a* from the language's name.

- *Engelska* "English" becomes *Engelsk* "English (thing)"
- *Svenska* "Swedish" becomes *Svensk* "Swedish (thing)"
- *Tyska* "German" becomes *Tysk* "German (thing)"

This form could also be used as a nationality. Even though there are certain set phrases for some nationalities, this pattern could be used and are used more and more nowadays. For instance, the word for "British" (nationality) is *engelsman* but now you can use the adjective form of the language *Engelsk*. This is for instance accurate for Swede and German.

LESSON NOTES

Survival Phrases S1 #9

Learn Swedish Using Swedish With This Unbelievably Simple Phrase

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

9

SWEDISH

1. Kan du säga det igen, tack?
2. Kan du tala långsamt?

ENGLISH

1. Could you say it again, please?
2. Could you speak slowly?

VOCABULARY

Swedish	English
långsamt	slowly
sakta	slowly
långsammare	slower
Kan du säga det igen, tack?	"Could you say it again, please?"
Kan du tala långsamt?	"Could you speak slowly?"

SAMPLE SENTENCES

Jag gillar att gå långsamt. "I like to walk slowly."	Jag vände mig om och lämnade sakta rummet. "I turned around and slowly left the room."
--	--

Jag önskar att tiden kunde gå långsammare.

"I wish the time would go slower."

Jag hörde inte riktigt, kan du säga det igen, tack?

"I didn't quite hear, could you say it again, please?"

Min svenska är inte så bra, kan du tala långsamt?

"My Swedish is not so good, could you speak slowly?"

GRAMMAR

Learning languages is fun. But when you learn to learn without your native language it gets even more fun. In today's lesson we provide you with the tools to learn Swedish in Swedish! To be able to ask someone to repeat something is essential for taking the language to the next level. To be able to ask the speaker to speak slowly is a nice bonus.

If someone says something that you want to hear again you should say *Kan du säga det igen, tack*. But an *ursäkta* in the beginning if you are going to interrupt someone. If it's your friend you are interrupting you don't need *ursäkta* nor *tack*.

Kan du tala långsamt? means "Could you speak slowly" but if you want to combine these two sentences and say "once again slowly please" you could say *Kan du säga det igen? Sakta?* or *Kan du säga det igen? Långsamt?*

CULTURAL INSIGHT

Quick Tip #1

If you want to inflect the adverb *långsamt* you just say *Kan du tala långsammare?* which means "Could you speak slower?"

LESSON NOTES

Survival Phrases S1 #10

How to Say "I'm Sorry" in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

10

SWEDISH

1. Förlåt.
2. Ursäkta.
3. Ingen fara.

ENGLISH

1. I am sorry.
2. Excuse me.
3. Oh, it's ok.

VOCABULARY

Swedish	English
ursäkta	I'm sorry, excuse me
förlåt	I'm sorry/forgive
tyvärr	unfortunately
förlåt mig	"forgive me"
jag är ledsen	"I am sorry"
ingen fara	"it's ok/(there is) no danger"
det är ok	"it's ok."

SAMPLE SENTENCES

<p>Ursäkta, det var dumt av mig.</p> <p>"I'm sorry, it was stupid of me."</p>	<p>Förlåt, jag ska inte göra det igen.</p> <p>"I'm sorry, I won't do it again."</p>
<p>Tyvärr kan jag inte hjälpa dig.</p> <p>"Unfortunately, I cannot help you."</p>	<p>Tyvärr, jag kan inte komma ikväll.</p> <p>"Unfortunately, I can't make it tonight."</p>
<p>Tyvärr, din klocka kan inte lagas.</p> <p>"Unfortunately, your watch can not be repaired."</p>	<p>Förlåt mig, det var inte meningen.</p> <p>"Forgive me, it was not on purpose."</p>
<p>Jag är ledsen, men det verkar som att jag blir sen.</p> <p>"I'm sorry, but it looks like I'll be late."</p>	<p>Ingen fara, du behöver inte säga förlåt.</p> <p>"It's ok, you don't have to say sorry."</p>

Det är ok, jag är inte arg.

"It's ok, I'm not angry."

GRAMMAR

There are several ways of responding to an apology or to apologies but how do we know when to use which? In this write-up we will cover some common situations.

As a tourist you will most likely walk around on the streets and in other crowded areas. You might accidentally bump into someone. In such a situation you can use *ursäkta* which means "excuse me." If you push someone a little rougher and hurt someone in some way like stepping on his or her foot, then you can use *förlåt* which literally means "forgive." You can also say "forgive me," *förlåt mig* pronounced as *förlåt mej*. The response to this could be either just a nod or *det är okej* which means "it's ok" or *ingen fara* which literally means "no danger" but could be considered an equivalent to "it's ok."

When you have apologized for a while and there is nothing more you can do, you can say *jag är ledsen men...* which means "I am sorry but..." and then you give your final explanation. Often this is *det finns ingenting jag kan göra* which means "there is nothing I can do." This is

used whenever there are complaints which can't be satisfied.

Basically *ursäkta* is used milder situations when there is not so much harm done, and *förlåt* when something is more serious. Also saying *förlåt* gives the impression that you are very sorry. Sometimes *ursäkta* when said wrong could sound like you aren't really sorry but you actually think it's the other person's fault for for instance bumping into you.

CULTURAL INSIGHT

Quick Tip #1

Jag är ledsen is a less frequently used phrase but still common, especially in subtitles.

Quick Tip #2

It is common to use the word *tyvärr* with apologies, which means "unfortunately." Most frequently with the phrase *jag är ledsen*.

LESSON NOTES

Survival Phrases S1 #11

Swedish Business Greetings - Welcome!

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

11

SWEDISH

1. Välkommen.
2. Hej.

ENGLISH

1. Welcome.
2. Hello.

VOCABULARY

Swedish	English	Class
välkommen	welcome (singular)	expression
välkomna	welcome (plural)	
Vad kan jag hjälpa dig med?	"How may I help you?"	
hej	hello	

SAMPLE SENTENCES

Välkommen, vad får det lov att vara? "Welcome, what would you like to have?"	Välkomna till mitt hem. "Welcome to my home."
Välkommen, vad kan jag hjälpa dig med? "Welcome, how may I help you?"	"Hej, trevligt att träffas." "Hello, nice to meet you."

GRAMMAR

When entering a place of business, the phrase you might hear repeated is *Välkommen* or *Välkomna*. Both mean "welcome." The first one *Välkommen* is said if it's only one person being addressed and the other *Välkomna* is said to groups.

In more casual situations, like when you want your car fixed and enter a garage, you might hear the all-purpose greeting which is *hej* or "hello."

There is also a chance that you might get the question *Vad kan jag hjälpa dig med?* which means "How may I help you?"/"What can I help you with?"

CULTURAL INSIGHT

Quick Tip #1

When you are welcomed to a business with *Välkomna* or *Välkommen* it is considered rude not to respond. You should at least nod or respond with *hej* (if you are welcomed with *hej*) or *tack* if you are welcomed with *välkommen*.

LESSON NOTES

Survival Phrases S1 #12

Restaurants: Choosing a Seat in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

12

SWEDISH

1. Välkomna.
2. Hur många är ni i herrskapet?

ENGLISH

1. Welcome.
2. How many people in your party?

VOCABULARY

Swedish	English
välkomna	welcome (plural)
Hur många är ni i herrskapet?	"How many people in your party?"
Hur många personer?	"How many people?"
Hur många är ni?	"How many are you?"

SAMPLE SENTENCES

Välkomna till mitt hem. "Welcome to my home."	Välkomna, hur många är ni i herrskapet? "Welcome, how many people in your party?"
Var vänlig stig på, hur många är ni? "Please step in, how many people?"	God dag, hur många är ni? "Good day, how many are you?"

GRAMMAR

Swedes have always been interested in other cultures, and their food. But is there any traditional Swedish food? Although Sweden is not known for its food, there are some traditional dishes that are unique to Sweden.

When you enter a restaurant, you will hear *Hur många är ni i herrskapet?* which means "How many people in your party?" If the restaurant has no host or head waiter you might not hear this phrase. Instead, you could hear *välkomna*. Also if you are reserving a table, perhaps by phone, you might hear:

1. *För hur många?/För hur många personer?* - "For how many?"/"For how many people?"

If you go to a more casual restaurant with a host you might hear: *Hur många är ni?* - "How many are you?"

CULTURAL INSIGHT

Quick Tip #1

When going out to a restaurant you might be asked if you've got a reservation. *Har ni reserverat?* literally meaning "Have you reserved?" or *Har ni bokat?* which means "Have you booked?" The answer to this would be *ja*, "yes" or *nej*, "no." Now, if you don't have a reservation, there might still be a spot for you so don't worry.

Quick Tip #2

I recommend you to go to the restaurant a little bit before dinner time and you will get somewhere to sit for sure. People tend to drop in around 7 P.M.

LESSON NOTES

Survival Phrases S1 #13

Restaurants: Asking About the Menu

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Grammar
- 5 Cultural Insight

13

SWEDISH

1. Köttbullar.
2. Har ni ... ?
3. Smörgåsbord.
4. Skål.

ENGLISH

1. Meatballs.
2. Do you have ... ?
3. Smorgasbord.
4. Cheers.

VOCABULARY

Swedish	English	Class
Har du ... ?	“Do you have ... ?”(singular you)	
Har ni ... ?	“Do you have ... ?”(plural you)	
potatis	potatoes	noun
köttbullar	meatballs	

inlagd sill	pickled herring	
brunsås	brown sauce	
lingonsylt	lingonberry jam	
smörgåsbord	smorgasbord, buffet	
julskinka	Christmas ham	
kokade ägg	boiled eggs	
prinskorv	small fried sausage	
omelett	omelette	
surströmming	fermented Baltic herring	
snaps	schnapps (a shot of an alcohol beverage with herbs)	
skål	Cheers	noun
kaviar	caviar	

SAMPLE SENTENCES

<p>Har du tid?</p> <p>"Do you have time?"</p>	<p>Har ni några lediga platser?</p> <p>"Do you have any open seats?"</p>
<p>Min favoriträtt är köttbullar och potatis.</p> <p>"My favorite food is meatballs with potatoes."</p>	<p>Min favoriträtt är köttbullar och potatis.</p> <p>"My favorite food is meatballs with potatoes."</p>
<p>Vi köper inlagd sill på snabbköpet.</p> <p>"We buy pickled herring at the supermarket."</p>	<p>Min syster vill alltid ha brunsås till maten.</p> <p>"My sister always wants brown sauce with the food."</p>

<p>Min farmor gör lingonsylt varje år.</p> <p>"My grandmother makes lingonberry jam every year."</p>	<p>På smörgåsbord finns det massor av olika sorters mat.</p> <p>"At a buffet there are a lot of different kinds of food."</p>
<p>Årets julskinka är extra stor.</p> <p>"This year's Christmas ham is extra large."</p>	<p>Jag äter kokade ägg till frukost.</p> <p>"I eat boiled eggs for breakfast."</p>
<p>Till middag blir det prinskorv.</p> <p>"For dinner we'll have small fried sausage."</p>	<p>Omelett är en snabb och enkel rätt.</p> <p>"Omelette is a quick and easy dish."</p>
<p>Surströmming luktar illa, men smakar gott.</p> <p>"Fermented Baltic herring smells bad, but tastes good."</p>	<p>På midsommar dricker vi snaps efter maten.</p> <p>"At midsummer we drink schnapps after dinner."</p>
<p>Skål för en lyckad dag!</p> <p>"Cheers to a successful day!"</p>	<p>Jag brukar äta kaviar på min smörgås.</p> <p>"I used to eat caviar on my sandwich."</p>

GRAMMAR

The first dish that we covered was *Köttbullar med potatis, brunsås och lingonsylt* which is "Meatballs with potatoes, brown sauce, and lingonberry jam." Most Swedish restaurants will have this dish but mostly on the children's menu. *Har ni köttbullar med potatis, brunasås och lingonsylt.* is a nice way to ask if they've got this dish on the menu. Sometimes it is enough to just ask for the meatballs with *Har ni köttbullar?* But by asking this you might end up with meatballs and spaghetti or macaroni which isn't what you want.

To ask if someone's got something is to ask *Har du ...?* (singular) or *Har ni ... ?* (plural). The second version is used when asking the waiter or waitress at a restaurant.

Secondly, we have *Kroppkakor* which is a traditional dish in southeast Sweden, around the areas of Småland and Öland. This is a ball of mashed potatoes stuffed with diced pork. These

so called "body cakes" are either boiled or fried. For me, this dish actually tastes like a dessert, and it doesn't take much to make you full.

Lastly, we have the Swedish smorgasbord, the buffet. Smorgasbord is originally a Swedish word which literally means "Sandwich table." The Swedes often eat smorgasbord on Easter, in summer solstice and Christmas. During Christmas the smorgasbord is different: the Swedes have a ham at Christmas called *julskinka*. *Jul* is a very old word which no one really knows what it means any more but today it refers to "Christmas."

Some things that are common to have on a smörgåsbord are *Kokade ägg* "boiled eggs," *Köttbullar* "Meatballs," *Prinskorvar* "Small fried sausages," *Inlagd sill* "Pickled herring," *Omelett* "Omelette," and *Surströmming* "fermented Baltic herring." The scent of *Surströmming* is so strong that many people don't want to eat it. Try to at least taste it. It smells worse than it tastes. With all this food you usually take a little *snaps*, which is like a shot of alcohol.

CULTURAL INSIGHT

Quick Tip #1

Surströmming experts often say that the best flavor comes only after the *surströmming* has been stored for about one year. So if you want to taste a real delicacy, try fermented herring that has been stored.

Quick Tip #2

With meals, Swedes often eat traditional "crispbread," or *Knäckebröd* and you might want to try it out! It's good for your teeth since it's harder than normal bread and it is really delicious. You can have it with cheese or you can have caviar, which is very Swedish. The most popular brand is called *Kalle's kaviar*. Look for a yellow and blue tube with *Kalle's kaviar* written on it. Don't forget to brush your teeth afterwards!

LESSON NOTES

Survival Phrases S1 #14

Restaurants: Ordering Food in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

14

SWEDISH

1. Ursäkta.
2. Vad rekommenderar ni?

ENGLISH

1. Excuse me.
2. What do you recommend?

VOCABULARY

Swedish	English
saltet (salt)	the salt (salt)
ursäkta	excuse me
pepparn (peppar)	the pepper (pepper)
Vad rekommenderar ni?	"What do you recommend?"
jag tar ...	"I take..., I'll have..."
Kan du skicka ...?	"Could you pass ... ?"

SAMPLE SENTENCES

Saltet står på bordet. "The salt is on the table."	Ursäkta, kan jag få se menyn? "Excuse me, can I see the menu?"
--	--

<p>Den här rätten har för mycket peppar.</p> <p>"This dish has too much pepper."</p>	<p>Vad rekommenderar ni för efterrätt?</p> <p>"What do you recommend for dessert?"</p>
<p>Jag tar nummer tre.</p> <p>"I'll take number three."</p>	<p>Kan du skicka saltet?</p> <p>"Could you pass the salt?"</p>

GRAMMAR

Table manners are important in Sweden. Some important things:

1. Don't eat before everyone in your party has got food or has been seated.
2. Offer refills to people in your party near you if you are pouring a drink for yourself. After taking something, pass it to the person next to you. For instance, a basket of bread or salad.
3. The second time you take something ask everyone at the table if they want some, and pass it to them. If they don't just put it beside you or back at the place you got it.

To get a waiter's attention say *ursäkta* so that he/she will hear. This means "excuse me." If you get eye contact you could just raise your hand with your index finger pointing towards the ceiling and make a slight nod.

If you're having trouble deciding what to eat you can ask the waiter or waitress for their recommendation. *Vad rekommenderar ni* means "What do you recommend?" *Ni* is "you" in plural. It is then inferred that you are asking what the restaurant recommends. If you want to ask the waiter specifically what he/she recommends you can replace *ni* with *du* which is "you" singular.

If you've decided what to have on your own, just point on the menu and say *den här, tack* which means "this, please."

CULTURAL INSIGHT

Quick Tip #1

If the restaurant has a dish of the day you can order it by saying *En dagens, tack* which means "One Today's, please." It is also common to say *Jag tar* followed by the dish or drink you want. This is equivalent to the English "I'll have" and literally means "I take."

1. *Jag tar den här, tack* - "I'll have this, please."
2. *Jag tar en dagens, tack* - "I'll have today's dish, please."

Quick Tip #2

If you want something that you cannot reach, you may ask someone close to that item *Kan du skicka ...?* which literally means "Can you send ...?" but should be interpreted as "Could you pass ...?" This something could be *salt* "salt," or *peppar* "pepper." When asking this you put the words in their definite form.

1. *Kan du skicka saltet?* - "Can you pass the salt please?"
2. *Kan du skicka pepparn?* - "Can you pass the pepper please?"

When the requested item is received, respond with a *tack* which means "thank you."

LESSON NOTES

Survival Phrases S1 #15

Restaurants: Asking for the Check in Swedish

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

15

SWEDISH

1. Notan, tack.
2. Tack, det var mycket gott.

ENGLISH

1. Check, please.
2. Thank you, it was very good.

VOCABULARY

Swedish	English
tack, det var mycket gott	"thank you," "it was very good/delicious"
notan, tack	"check, please"
Smakade det bra?	"Did it taste good?"

SAMPLE SENTENCES

Jag måste få säga tack, det var mycket gott. "I have to say thank you, it was very good."	Kan jag få notan, tack. "Can I see the check, please."
Smakade det bra, tyckte du? "Did you think it tasted good?"	

GRAMMAR

When you've finished your meal you will want to get a hold of the waiter or waitress to pay and then leave. First tell them *Notan, tack*. This means "check, please."

If you are with a woman, and you are a man, you can offer to pay the bill for both of you like a gentleman, but it is not expected so don't worry. In a bigger party each person might pay for themselves but among friends one person could pay it all and then the others could pay him/her back afterwards. This method is basically used if everyone wants to leave quickly.

When you've finished your meal you can say *Tack, det var mycket gott* which means "thank you, it was very good/delicious." This is a phrase where you thank someone, so don't overuse it.

CULTURAL INSIGHT

Quick Tip #1

In Sweden the tip is included in the price. This means that you can walk away without paying extra and not feel guilty. If you feel that everything was satisfactory you can tip anyway if you are paying in cash. Large sums aren't necessary but 10 to 30 *kr* extra would be appropriate. It's not very uncommon that you give 10 *kr* extra each if you are a small party.

You might say *Det är jämt så* or *Det är bra så* when paying the bill. This literally means "It's even that way" or "It's good that way" and means "keep the change."

Quick Tip #2

When the waiter or waitress comes to take the empty plates it's common for them to ask *Smakade det bra?* which means "Did it taste good?" You can also respond with *tack, det var mycket gott* as mentioned above.

LESSON NOTES

Survival Phrases S1 #16

Counting in Swedish - 1 to 10

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- 2 Swedish
- 2 English
- 3 Vocabulary
- 4 Sample Sentences
- 5 Grammar
- 6 Cultural Insight

16

SWEDISH

1. Ett, en
2. Två
3. Tre
4. Fyra
5. Fem
6. Sex
7. Sju
8. Åtta
9. Nio
10. Tio
11. Noll

ENGLISH

1. One
2. Two
3. Three

CONT'D OVER

4. Four
5. Five
6. Six
7. Seven
8. Eight
9. Nine
10. Ten
11. Zero

VOCABULARY

Swedish	English	Class
två	two	numeral
nio	nine	numeral
Andra	Second	numeral
sju	seven	numeral
en, ett	one	numeral
tio	ten	numeral
tre	three	numeral
fyra	four	numeral
åtta	eight	numeral

fem	five	numeral
sex	six	numeral
Första	first	adverb
Tredje	Third	numeral
Fjärde	Fourth	adjective
Femte	Fifth	adjective
Sjätte	Sixth	numeral
Sjunde	Seventh	numeral
Åttonde	Eighth	numeral
Nionde	Ninth	numeral
Tionde	Tenth	numeral
Stycken	pieces	

SAMPLE SENTENCES

<p>Två katter sitter på gatan.</p> <p>"Two cats are sitting on the street."</p>	<p>Filmen börjar klockan nio.</p> <p>"The movie starts at nine."</p>
<p>Jag vill inte behöva säga det en andra gång.</p> <p>"I don't want to have to say it a second time."</p>	<p>Jag köpte sju nya pennor.</p> <p>"I bought seven new pencils."</p>
<p>En korg med ett ägg inuti.</p> <p>"One basket with one egg inside."</p>	<p>Jag kan göra tio situps.</p> <p>"I can do ten sit-ups."</p>

<p>Tre tallrikar på bordet.</p> <p>"Three plates on the table."</p>	<p>Fyra fåglar i trädet.</p> <p>"Four birds in the tree."</p>
<p>Vi har ett bord med åtta stolar.</p> <p>"We have a table with eight chairs."</p>	<p>Fem flaskor vatten.</p> <p>"Five bottles of water."</p>
<p>Det finns sex ägg kvar.</p> <p>"There's six eggs left."</p>	<p>Först måste du läsa receptet.</p> <p>"First you have to read the recipe."</p>
<p>Min syster kom på första plats i tävlingen.</p> <p>"My sister came first place in the competition."</p>	<p>Tredje gången gillt.</p> <p>"Third time's a charm."</p>
<p>Skolan börjar den fjärde april.</p> <p>"School starts the fourth of April."</p>	<p>Den fjärde söndagen i månaden.</p> <p>"The fourth Sunday in the month."</p>
<p>Det är femte gången jag kommer hit.</p> <p>"It's the fifth time I've come here."</p>	<p>Den sjätte boken från vänster.</p> <p>"The sixth book from the left."</p>
<p>Han vann tävlingen för sjunde gången i rad.</p> <p>"He won the contest the seventh time in a row."</p>	<p>Det är åttonde gången jag deltar.</p> <p>"It's the eighth time I've participated."</p>
<p>Den nionde augusti.</p> <p>"The ninth of August."</p>	<p>Jag kom bara på tionde plats.</p> <p>"I only came in tenth place."</p>
<p>"Jag tog fem stycken."</p> <p>"I took five pieces."</p>	

GRAMMAR

Counting in Swedish is very straightforward and very similar to other languages from the same family. The one thing that is a little tricky is the Swedish "one" since there are two words for "one," depending on gender. Words whose definitive form ends in 't' (gender neutral) use *ett* in their indefinite form, and words ending in 'n' (gender neutral) use *en*. If you are serious about learning Swedish you should always learn a noun's gender.

Here is one to ten in Swedish:

En, ett = "1"

Två = "2"

Tre = "3"

Fyra = "4"

Fem = "5"

Sex = "6"

Sju = "7"

Åtta = "8"

Nio = "9"

Tio = "10"

Stycken (accent on 'y') = "pieces"

CULTURAL INSIGHT

Quick Tip #1

Here are the Swedish ordinals: *Första, andra, tredje, fjärde, femte, sjätte, sjunde, åttonde, nionde, tionde*. This is "first," "second" etc up to "tenth."

- *Första plats* - "First place"

- *Tionde plats* - "Tenth place"

Quick Tip #2

When counting something and you don't know the word for it, you can just add *stycken* which means "pieces." The accent is on the first vowel.

LESSON NOTES

Survival Phrases S1 #17

“How much is it?” in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

17

SWEDISH

1. Vad kostar det?
2. Vad kostar det här?

ENGLISH

1. How much?
2. How much is this?

VOCABULARY

Swedish	English
Vad kostar det?	"How much (does it cost)?"
Vad kostar det här?	"How much is this?"
Vad kostar det där?	"How much is that?"
Vad blir det?	"What does this sum up to?"
Hur mycket kostar det?	"How much does it cost?"

SAMPLE SENTENCES

Vad kostar det sammanlagt? "How much is it in total?"	Ursäkta, vad kostar det här? "Excuse me, how much is this?"
Jag bara undrar, vad kostar det där? "I'm just wondering, how much is that?"	Vad blir det sammanlagt? "What does this sum up to in total?"

Jag bara undrar, hur mycket kostar det?

"I'm just wondering, how much does it cost?"

GRAMMAR

To ask for prices is essential in the materialistic society of today and Sweden is no exception! (see Quick Tip #2).

There are several ways of asking this. The phrase that is taught in this lesson, *Vad kostar det?*, is kind of in the middle of the difficulty scale. A slightly more advanced sentence would be *Hur mycket kostar det*, which literally means "How much costs it?" and I think you are able to see some similarities between that phrase and its translation.

The easier way would be *Vad blir det?* which could be translated as "What does it become?" or "What does this sum up to?" I would say this is used in the same way as the short "How much?" The answer you get will usually follow this simple pattern: *Det blir 10 kronor*, "It is 10 crowns."

Feel free to use these two new phrases in the same way as the one that is taught in the original lesson. They aren't used on different occasions.

So how is the currency written in Swedish stores? There are several ways. When other currencies are involved the price is usually written as SEK (*Svenska kronor*). In local shops and stores it is written as 'kr' which is an abbreviation of "*kronor*" which is the name of the currency. *Kronor* means "crowns" in Swedish. It could also be written as X:o—meaning X *kronor* and 0 *öre*. 100 *öre* = 1 *kr*. Sometimes it's written as, X-o but that's more common in other countries than Sweden.

CULTURAL INSIGHT

Quick Tip #1

If you know the word for what you are requesting a price on, replace *det* with that word and you got a valid but a little more impressive sentence. For example, when you are buying

coffee you could say either *Vad kostar det* or *Vad kostar kaffet* which is "How much is the coffee" in Swedish.

Quick Tip #2

Vad kostar det? is a phrase you can use all over Sweden and in any place you would like to spend some money:

1. buying clothes and souvenirs
2. at a restaurant
3. buying tickets at the train station
4. at the museum

Try it out!

LESSON NOTES

Survival Phrases S1 #18

Bargaining in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

18

SWEDISH

1. Sänk priset, tack.
2. Det är för dyrt.

ENGLISH

1. Lower the price, please.
2. It is too expensive.

VOCABULARY

Swedish	English
Sänk priset, tack	"Lower the price, please."
Det är för dyrt	"It is too expensive."
Vad kostar det?	"How much?"
Du får...	"You get..." (literally I'll give you...)

SAMPLE SENTENCES

Kan du sänka priset, tack. "Can you lower the price, please."	Det är för dyrt, jag har inte råd. "It's too expensive, I can't afford it."
Vad kostar det för båda? "How much for both?"	Du får tio dollar för den här tröjan. "You get ten dollars for this shirt."

GRAMMAR

In Sweden you can't bargain everywhere. Stores have their fixed prices but one rule is that when you buy very expensive stuff you can ask them to lower the price. Also when you are at markets and buying souvenirs on the street you can try to make them lower the price. If you bargain and are too stubborn yourself at the wrong place you might be asked to leave the store.

The phrase for this situation is *Det är för dyrt. Sänk priset, tack.* which means "It is too expensive. Please, lower the price."

CULTURAL INSIGHT

Quick Tip

Saying *Sänk priset, tack* might sound a little bit too direct. Why not try to tell them the price you want? People are stubborn so keep going even if they say no.

1. *Vad kostar det?* - "How much (does it cost)?"
2. *100 kr* - "100 crowns"
3. *Det är för dyrt. 70 kr.* - "That is too expensive. 70 crowns."

LESSON NOTES

Survival Phrases S1 #19

Swedish Money - An Introduction

CONTENTS

- 2 Swedish
- 2 English
- 3 Vocabulary
- 4 Sample Sentences
- 4 Grammar
- 5 Cultural Insight

19

SWEDISH

1. tio
2. tjugo
3. trettio
4. fyrtio
5. femtio
6. sextio
7. sjuttio
8. åttio
9. nittio
10. hundra, ett hundra

ENGLISH

1. ten
2. twenty
3. thirty
4. forty

CONT'D OVER

5. fifty
6. sixty
7. seventy
8. eighty
9. ninety
10. one hundred

VOCABULARY

Swedish	English	Class
tjugo	twenty	numeral
nittio	ninety	
trettio	thirty	
fyrtio	forty	
femtio	fifty	
sextio	sixty	
sjuttio	seventy	
åttio	eighty	
hundra	hundred	
tusen	thousand	
Kronor	Crowns	
Krona	Crown	

SAMPLE SENTENCES

<p>Jag har tjugo kronor i fickan.</p> <p>"I have twenty crowns in my pocket."</p>	<p>Jag har läst till sidan nittio.</p> <p>"I've read to page ninety."</p>
<p>Eleverna fick trettio sidor att läsa till nästa dag.</p> <p>"The students have thirty pages to read before the next day."</p>	<p>Hon bor bara fyrtio meter från stationen.</p> <p>"She lives just forty meters from the station."</p>
<p>Jag hittade femtio kronor på bussen.</p> <p>"I found fifty crowns on the bus."</p>	<p>Kvinnan är sextio år gammal.</p> <p>"The woman is sixty years old."</p>
<p>Jag åker med tåg nummer sjuttio.</p> <p>"I'm going with train number seventy."</p>	<p>Du är skyldig mig åttio kronor.</p> <p>"You owe me eighty crowns."</p>
<p>Över hundra människor gick på konserten.</p> <p>"Over a hundred people went to the concert."</p>	<p>Jag har sparat ihop tusen kronor.</p> <p>"I've saved up a thousand crowns."</p>
<p>Jag ska bara kolla hur många kronor jag har kvar.</p> <p>"I'm just going to see how many crowns I've got left."</p>	<p>Jag har inte en enda krona kvar.</p> <p>"I don't have a single crown left."</p>
<p>Jag kan göra tio situps.</p> <p>"I can do ten sit-ups."</p>	

GRAMMAR

In Sweden the currency has been the *Svensk krona* since 1873 and is almost always used in plural *kronor*. There are a hundred *öre* in one *krona* (100 *öre* = 1 kr). You will only ever see 50 *öre* coins in modern Sweden; smaller denominations are no longer used.

Although there isn't more than one coin for sums smaller than one *krona*, we still have prices that require them. We round off the amount of money. 1-24 *öre* disappears, 25-74 becomes 50 *öre* and everything above becomes a whole *krona* more. Often you see prices like 22,95 kr. For this you pay 23 kr. It takes several purchases at a time to make this become one *krona* cheaper than if the price really was 23 kr.

Also, in Sweden we use a comma (,) and not a dot (.) to separate *kronor* from *öre*.

There are four coins in Sweden. 50 *öre*, 1 kr, 5 kr and 10 kr. The ten looks golden and people sometimes refers to it as a gold coin. On the 1 kr coin and 10 kr coin we've got a picture of the King. *Hans majestät* "his majesty" *kung* "king" Carl XVI Gustav.

The bills are 20 kr, 50 kr, 100 kr, 500 kr and 1000 kr. The 20 kr bill is blueish with Selma Lagerlöf, a famous female author. The 50 kr bill is yellow and has Jenny Lind, a famous opera singer on it. Many people know the man on the 100 kr bill as "Carolus Linnaeus," in Sweden known as Carl von Linné. He was a Swedish botanist, physician and zoologist, and is considered to be the father of taxonomy (the science of classifying living things). His portrait is on the turquoise (green/blue) 100 bill. On the red/brownish 500 kr bill we've got yet another king, Karl XI, but also Christopher Polhem. He was the father of Swedish mechanics. The black 1000 bill has a picture of Gustav Vasa, the father of the Swedish nation. During his time he was known as King Gustav the first but people know him now by his last name rather than his number.

To form large numbers in Sweden we say the largest number first and then add the smaller ones. 3156 is *tre tusen ett hundra femtio sex*. 3000 is *tre tusen*, 100 is *ett hundra* and 56 is *femtio sex*.

CULTURAL INSIGHT

Quick Tip #1

\$ (USD) is about SEK 6.42 and €1 is about SEK 8.91 in September 2011, but the following is a small list containing products that you might want to buy in Sweden and their prices.

1. One hamburger (~10 kr)
2. A new DVD or CD (~180 kr)
3. Pocket book (~70 kr)
4. Candy bar (~10 kr)
5. Map (~30 kr)
6. Lunch (~60 kr)
7. Beer at a pub (~50 kr)
8. Beer at the store (~20 kr)
9. Movie ticket (~90 kr)
10. Popcorn at the cinema (~30 kr)
11. A thick dictionary (~300 kr)
12. Seeing Stockholm, the Nordic Venice (priceless)

Quick Tip #2

The Swedish currency is officially written as SEK (where dollar and euro have a sign) when it stands next to other currencies. SEK = *Svensk Krona*. There are other countries that have similar currencies to Sweden's, but in their own language. For instance, Norway has the *Norsk krone*, which is written NKR, and Denmark has the *Dansk krone* which is written DKK. Although they are similar, they aren't worth the equivalent amount but pretty close to it.

LESSON NOTES

Survival Phrases S1 #20

Using the Internet in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

20

SWEDISH

1. Internet café.
2. Hur länge?
3. Finns det trådlöst internet här?

ENGLISH

1. Internet café.
2. For how long?
3. Is there a WiFi connection here?

VOCABULARY

Swedish	English	Class
internet café	net café	noun
användarnamn	username	
lösenord	password	
Hur länge?	“For how long?”	
Finns det trådlöst internet här?	“Is there a WiFi connection here?”	

SAMPLE SENTENCES

Kvinnan letar efter ett internet café. "The woman is looking for a Internet café."	Jag har glömt mitt användarnamn. "I've forgotten my username."
Berätta inte ditt lösenord för någon. "Don't tell your password to anyone."	Hur länge kan jag vara här? "For how long can I be here?"

Jag behöver kolla min mail, finns det trådlöst internet här?

"I need to check my email, is there a WiFi connection here?"

GRAMMAR

Do you have a blog? Want to write emails to your friends? Or just check what's going on in your country? In this lesson we will cover how to access the Internet when you are in Sweden.

A Swedish Internet café tends to be more like a playground for hardcore gaming than a retreat for a weary traveler, but there are a few that cater only to tourists who wish to check their emails. It is also common to have access to the Internet in a train station, especially central stations in the middle of big cities.

The prices are usually 10-30 kr for one hour and there might be discounts for longer stays. For instance, a place in this writer's neighborhood charges 100 kr for a 10 hour stay, but it is kind of obvious that this is more suited for gaming since you wouldn't need to check your email for this long.

It is common to bring your own computer with you on trips nowadays; you might want to ask if there is a wireless Internet connection available. For this you can use the phrase *Finns det trådlöst internet här?* which means "Is there a WiFi connection here?" You are literally asking for "wireless Internet."

CULTURAL INSIGHT

Quick Tip #1

Often you aren't allowed to bring food to the Internet café but if you are hungry they usually have something to eat.

Quick Tip #2

Nowadays, it is common for hostels and hotels to have a computer or maybe even WiFi for the guests to use if they want check their emails or whatever they might want to do on the Internet. In the larger cities there are so-called hot spots, with a wireless connection. When you connect to these and open the browser, if they aren't free it usually says where you can buy a card containing a username and password. This could, for instance, be a nearby store.

LESSON NOTES

Survival Phrases S1 #21

Riding the Bus in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

21

SWEDISH

1. Går den här bussen till ... ?

ENGLISH

1. Will this bus go to...?

VOCABULARY

Swedish	English	Class
remsa	strip	noun
biljett	ticket	noun
SMS-biljett	ticket bought with cellphone	
åkkort	travelcard	
biljettautomat	automatic ticket vending machine	noun
busskort	buscard	
Går den här bussen till ... ?	"Will this bus go to...?"	

SAMPLE SENTENCES

<p>Jag har en remsa kvar sen förra gången jag var här.</p> <p>"I've got a strip left since the last time I was here."</p>	<p>Jag vill köpa en biljett, tack.</p> <p>"I want to buy a ticket, please."</p>
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<p>En SMS-biljett är väldigt praktisk.</p> <p>"A ticket bought with a cellphone is very practical."</p>	<p>Jag köpte ett åkkort på Centralstationen.</p> <p>"I bought a travelcard at Central Station."</p>
<p>Var kan jag hitta en biljettautomat?</p> <p>"Where can I find an automatic ticket vending machine?"</p>	<p>Jag åker mest buss, så jag köpte bara ett buskort.</p> <p>"I mostly go by bus, so I just bought a buscard."</p>
<p>Går den här bussen till stationen?</p> <p>"Will this bus go to the station?"</p>	

GRAMMAR

Riding the bus on public transportation is a nice way to see more than just a couple of blocks of where you are staying. In Sweden different bus companies operate in different regions of the country. Since Stockholm is the capital of Sweden and the largest city, we are going to cover how to ride the bus there. For information about the other companies and how they work, you can ask at SwedishPod101.com and we will see what we can do to help you make the most out of your trip to Sweden.

In Stockholm riding a bus isn't as simple as entering, paying, and waiting for your stop. Buses in Stockholm don't accept cash. You can buy tickets at bus stops, at some train stops. You can buy a strip ticket, a single ticket, or a card.

1. A strip ticket is 160 kr
2. A single ticket is 40 kr
3. Prices of cards vary. The 1-day, 3-day, 7-day and 30-day card are the most suited for tourists. For the prices, visit <http://www.sl.se/> and click on "in english" to read more about the public transportation in Stockholm.

CULTURAL INSIGHT

Quick Tip #1

Unsure of what bus to take? Ask the driver or someone nearby *Går den här bussen till [location]?* which means "Will this bus go to [location]?"

You could also ask *Går [number] an till [location]?* which means "Will the [number] go to [location]?"

- *Går ettan till stationen*, "Will the 1 go to the station?"

LESSON NOTES

Survival Phrases S1 #22

Traveling by Bus in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

22

SWEDISH

1. Vilken är nästa hållplats?
2. Är nästa Skansen?

ENGLISH

1. What is the next stop?
2. Is Skansen the next stop?

VOCABULARY

Swedish	English
stannar	stopping
Är nästa ... ?	"Is ... next?"
Vilken är nästa hållplats?	"Which (what) is the next stop?"
Vilken är nästa?	"Which (stop) is next?"
Kan du säga till när ... kommer?	"Can you tell me when ... comes?"
Kan du säga till?	"Can you tell me?"

SAMPLE SENTENCES

Bussen stannar vid stationen. "The bus is stopping at the station."	Är nästa Centralstationen? "Is Central Station next?"
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<p>Vilken är nästa hållplats på linjen?</p> <p>"What is the next stop on the route?"</p>	<p>Ursäkta mig, vilken är nästa?</p> <p>"Excuse me, which is next?"</p>
<p>Kan du säga till när Centralstationen kommer?</p> <p>"Can you tell me when Central Station comes?"</p>	<p>Jag är inte säker på vart jag ska av, kan du säga till?</p> <p>"I'm not sure where I should go off, can you tell me?"</p>

GRAMMAR

After getting on the right bus, you might have a hard time knowing when you should get off. In this lesson we've covered the phrase *vilken är nästa hållplats?* which means "which is the next stop?" In Swedish *vilken* is "which," *är* is "is", *nästa* is "next" and lastly *hållplats* is "stop" as in bus stop. This is essential if you don't want to get lost in Sweden.

If you know the name of your stop, you can ask *är nästa [location]?* which means "is next [location]?" and you will get a yes or no answer. Yes in Swedish is *ja* and no is *nej*. If you get a no, then you can ask if the person can tell you when to get off. This could also be used, when asking the driver if he can announce when you should get off. Often the announcement is electronic so when you hear the bus driver speak, saying your stop, then you can get off. The phrase is *Kan du säga till när [location] kommer?* which literally means "can you tell when [location] comes?"

If the person answers that the next stop isn't your stop, you can shorten your response sentence and ask *kan du säga till?* which means "can you tell me?" and implies that you ask the person to tell you to get off when the bus arrives to your stop.

CULTURAL INSIGHT

Quick Tip #1

On the modern buses there is usually a display with the name of the next stop. If you've got your destination written down, you can compare it to the screen.

Quick Tip #2

When you know you are approaching your desired destination, don't forget to push the red stop button. Make sure you've pushed it hard enough by looking at the display. It should say *stannar* which means "stopping."

LESSON NOTES

Survival Phrases S1 #23

Getting Around Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

23

SWEDISH

1. En biljett till Stockholm Centralstation.
2. Vad kostar det till Stockholm Centralstation?

ENGLISH

1. One ticket to Stockholm Central Station, please.
2. How much is it to Stockholm Central Station?

VOCABULARY

Swedish	English	Class
En biljett till ..., tack	"One ticket to ..., please."	
Vad kostar det till ...?	"How much is it to ...?"	
Säljer ni biljetter på bussen?	"Do you sell tickets on the bus?"	phrase

SAMPLE SENTENCES

En biljett till Centralstationen, tack. "One ticket to Central Station, please."	Vad kostar det till Gamla Stan? "How much is it to The Old Town?"
Ursäkta mig, säljer ni biljetter på bussen? "Excuse me, do you sell tickets on the bus?"	

GRAMMAR

To go by bus you must pay. There aren't any free bus rides out there (at least, there aren't in Sweden) and in this lesson we will cover how to buy a ticket. We have a simple way to ask for one ticket to a place. This is *en biljett till [destination], tack* which literally means "one ticket to [destination], please" and the word order is exactly the same as English. This is what you ask the driver when you want ONE ticket. Sometimes the case is that they don't sell tickets on the bus, like in Stockholm, where you buy them from a vending machine or at the train station. If you are unsure, you can ask the driver *Säljer ni biljetter på bussen?* which means "do you sell tickets on the bus?"

If you are going to travel in a larger party, then you can say *[number] biljetter till [destination]* which is the amount of tickets you want + *tickets to* + your destination. If you've forgotten how to count, here is the numbers one through ten in Swedish:

en, två, tre, fyra, fem, sex, sju, åtta, nio, tio.

If you aren't sure how much to pay for a trip to your desired destination there is a short sentence for asking for the price. This is *vad kostar det till [destination]*. This means something like "how much is it to [destination]." For more on prices please check out the lesson for "how much is it?"

CULTURAL INSIGHT

Quick Tip #1

Remember that drivers often don't want you to get off the bus through from the front doors. They are reserved for passengers getting on the bus but it is acceptable to do so when just a few are getting on and you are near the front doors. Also when there are a lot of people getting off and you are near the front doors you can approach them and the driver will open them.

Quick Tip #2

Move to the back of the bus if there are a lot of people that want to get on. If the bus is almost empty it is of course acceptable to sit wherever you please. If you bring pets on the bus, don't go to the back of the bus, as it's reserved for allergic people.

LESSON NOTES

Survival Phrases S1 #24

Riding the Train in Sweden Part I

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

24

SWEDISH

1. En biljett till Malmö Centralstation, tack.
2. Går det här tåget till Malmö Centralstation?

ENGLISH

1. One ticket to Malmö Central Station, please.
2. Will this train go to Malmö Central Station?

VOCABULARY

Swedish	English	Class
station	station	noun
Snarast	as soon as possible	
i dag	today	adverb
imorgon	tomorrow	noun
klockan [timme]	[hour] o'clock	
En biljett till ..., tack	"One ticket to ..., please."	
med nästa tåg	"with the next train"	

SAMPLE SENTENCES

Hur långt är det till närmaste station? "How far is it to the nearest station?"	Jag vill ha ett svar snarast. "I want an answer as soon as possible."
---	---

<p>Jag ska träffa Camilla idag.</p> <p>"I'll meet Camilla today."</p>	<p>Idag ska jag åka hem.</p> <p>"Today I'm going home."</p>
<p>Vad händer imorgon?</p> <p>"What's happening tomorrow?"</p>	<p>Mitt tåg ankommer klockan fem.</p> <p>"My train arrives at five o'clock."</p>
<p>En biljett till Centralstationen, tack.</p> <p>"One ticket to Central Station, please."</p>	<p>Jag vill åka med nästa tåg.</p> <p>"I want to go with the next train."</p>

GRAMMAR

In today's lesson we talked about getting around Sweden by train. Some of you might be interested in not just seeing the capital Stockholm, but also our countryside and perhaps Göteborg and Malmö, which are the second and third largest cities in Sweden.

Going by train is a cheap and very easy way of taking you to your desired destination and what we've covered in the lesson was how to get the ticket. The phrase you would want to use in this situation is *en biljett till [destination], tack* which is "one ticket to [destination], please."

As an example we used *Malmö centralstation* which is the name of the train station in Malmö, in the south of Sweden. If you aren't confident enough about your Swedish abilities you could just say your destination when you are buying the ticket and you would be understood.

There are several different long distance tickets that works for Sweden.

1. First class
2. Second class
3. Last minute
4. Month pass
5. Annual pass

6. 10-pass
7. *Just nu* "Right now"
8. 2 class open

More about these tickets and passes is to be found on www.sj.se which is the site for the Swedish Railroads.

CULTURAL INSIGHT

Quick Tip #1

When buying a ticket, you might be asked when you want to travel. *När vill du resa?* "When do you want to go?"

To this you could answer:

1. *Snarast* – "As soon as possible"
2. *Med nästa tåg* – "With the next train"
3. *Idag* – "Today"
4. *Imorgon* – "Tomorrow"
5. *Klockan* [number] – "[number] o'clock"

Quick Tip #2

There is one European pass called "InterRail" and is a co-operative system with several countries in Europe. If you have one of these, be sure to visit Sweden!

LESSON NOTES

Survival Phrases S1 #25

Riding the Train in Sweden Part II

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

25

SWEDISH

1. En biljett till universitetet, tack.

ENGLISH

1. One ticket to the university, please.

VOCABULARY

Swedish	English
destination	destination
universitetet	the university
En biljett till [destination], tack.	"One ticket to [destination], please."
En till [destination], tack.	"One to [destination], please."
till [destination]	"to [destination]."

SAMPLE SENTENCES

Vad är din destination? "What's your destination?"	Vad kostar en biljett till universitetet? "How much is a ticket to the university?"
En biljett till Gamla Stan, tack. "One ticket to The Old Town, please."	En till Gamla Stan, tack. "One to The Old Town, please."
Jag åker till Frankrike imorgon. "I'll go to France tomorrow."	Jag vill åka till Stockholm. "I want to go to Stockholm."

GRAMMAR

In the 1940s, construction on Sweden's subway system began, and was finished in the 1950s. Construction was in the biggest city, Stockholm, and this lesson is all about using this as your transportation while staying in Stockholm.

You can buy a ticket for your trip at vending machines and from booths and it is very expensive, compared with public transportation in other countries. There are also different cards that you can buy if you are planning to stay a little longer.

If you have to interact with the person in the booth, the proper phrase would be *en till [destination], tack* which means "one to [destination], please." You could also say the destination only, *till [destination]* or *en biljett till [destination], tack*. It is all pretty basic stuff so it shouldn't be any problem. You could also drop the *tack*. This is what you use if you have a ticket, want to buy one or just want them to stamp your stripe. The stripe is a ticket valid for several rides and depending on the zones they leave more or less of them blank. This is what I would use as a backup but it is pretty neat to use if you are staying for a while but won't travel that much. The stripe is 160 kr (about 23 USD) and the single ticket is about 3 USD which is about 20 kr. These numbers are very approximate since the currency is really bouncing up and down right now.

There are also passes that are valid from several hours to several days. These passes are cards with a magnetic strip on it. A 24-hour pass costs 13 US dollars. A 72-hour pass costs 27.50 US dollars. A 7-day pass costs 33.25 US dollars.

The SL (*Stockholms Lokaltrafik*) is the company that runs all of the public transportation in the Stockholm area. The area is divided into three zones. A, B, and C. Travelling through all three costs the price of three tickets so you must really beware of which zones you are travelling in so you don't pay too much.

CULTURAL INSIGHT

Quick Tip #1

A useful phrase (as covered in this lesson) is how to get to the university or to KTH (*kungliga tekniska högskolan*). This is for you who stay in Stockholm and are studying here.

1. *Till universitetet* – "To the university"
2. *Till KTH* – "To KTH"

Quick Tip #2

Don't forget that all tickets you buy are valid on trains, buses, trams and some boats. This is really convenient.

LESSON NOTES

Survival Phrases S1 #26

Riding the Train in Sweden Part III

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

26

SWEDISH

1. Går det här tåget till Malmö Centralstation?

ENGLISH

1. Will this train go to Malmö Central Station?

VOCABULARY

Swedish	English
Går det här tåget till [destination]?	"Will this train go to [destination]?"
Är det här plattform [nummer]?	"Is this platform [number]?"

SAMPLE SENTENCES

Går det här tåget till Stockholm Centralstation? "Will this train go to Stockholm Central Station?"	Är det här plattform tre? "Is this platform three?"
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GRAMMAR

This lesson is all about giving you control over your trip. If there is some degree of uncertainty when you get on the platform as to where your train is headed, you can just ask.

Går det här tåget till [destination]? is a very common phrase in Sweden and I've been asked this question myself by various foreigners. This phrase roughly translates to "will this train go to [destination]?" Sometimes it is enough to ask "[destination]?" and the person asked will nod

or shake his/her head. It is possible that you hear a *ja* or *nej* as well. "Yes" or "no."

The good thing about this phrase is that it can be used on long distance trains, commuter trains, trams and subways. Everything that is a train and that has a destination. Convenient huh?

Another thing you can ask is if the train goes south or north which also is a common way of describing where the train is heading. To ask this, you drop "till [destination]" and replace it with *söderut* for "south," and *norrut* for "north." Then the phrase will look something like this: *Går det här tåget söderut?/Går det här tåget norrut?*

The platforms in Sweden have numbers so that you know from which the trains go. Especially if it's a long distance train, the ticket will say from which platform the train departs. If you know from which platform your train is going from, you can ask if you are on the right one. *Är det här platform [nummer]?*, "is this platform [number]?" In a previous lesson we covered the appropriate numbers for this phrase. Good luck with asking!

CULTURAL INSIGHT

Quick Tip 1

Don't ever leave your luggage unattended, and don't ever ask any strangers if they could watch it for you. Firstly, don't bother them with it, and secondly, they could be dishonest and take your stuff.

Quick Tip 2

In Sweden, most train stations have monitors at each side of the platform for each track, that prompt you where the train is going so often you don't have to worry. This lesson's phrase might still come in handy if you are there early and the monitor doesn't display your train yet.

LESSON NOTES

Survival Phrases S1 #27

Swedish for Taking a Taxi

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

27

SWEDISH

1. Till Rönninge station.
2. Jag vill åka till Rönninge station.

ENGLISH

1. To Rönninge Station.
2. I would like to go to Rönninge Station.

VOCABULARY

Swedish	English
Jag vill åka till [destination].	"I would like to go to [destination]."
till [destination]	"to [destination]."

SAMPLE SENTENCES

Jag vill åka till Gamla Stan. "I would like to go to The Old Town."	Jag åker till Frankrike imorgon. "I'll go to France tomorrow."
Jag vill åka till Stockholm. "I want to go to Stockholm."	

GRAMMAR

It is not everytime that the public transportation such as subways or buses can suit your needs. This is when you take a taxi. Maybe you are out late at night or you need to get somewhere from your hotel, or you might just be in an area where there aren't many cabs. This lesson is for all of you out there.

There are several companies running taxis in Sweden and be sure to take one of the known companies. You don't want to get into an illegal taxi and risk getting robbed of all your possessions. Usually you will have to call the taxi company and ask them to drive up to your location to pick you up but if you are in the middle of a city, it is likely that you will stumble upon one.

When calling for a cab they will ask you where you are, where you are going, your name and your phone number. If the taxi driver can't find you he will call you for further instructions. While in the taxi, as well as when you are calling for one, the phrase you would want to use is: *Jag vill åka till [destination]* which means something like "I would like to go to [destination]." You could also tell the driver *till [destination]* which literally means "to [destination]." It is simple as that.

To get some perspective about the costs, I will tell you about going from Stockholm city to my home. The distance is roughly thirty-five kilometers and the cost is approximately 500 kr. This is around seventy-five US dollars. My tip to you is to share a cab with someone. As for my last trip, we were maybe four friends living near each other sharing the taxi.

CULTURAL INSIGHT

Quick Tip #1

If you are not confident enough to call a taxi, you could ask someone working at your hotel to call one for you. Most train stations will have taxi ranks where taxis wait to take you anywhere you like. Sometimes the taxis aren't for you but you can at that location get help from someone there to get one for you.

Quick Tip #2

In Sweden there is a fee just for arriving at an address, thereafter they usually charge you per kilometer. Going by taxi is neither particularly cheap nor expensive in Sweden.

LESSON NOTES

Survival Phrases S1 #28

Finding Places in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

28

SWEDISH

1. Var kan jag köpa frimärken?
2. Var kan jag köpa souvenirer?

ENGLISH

1. Where can I buy stamps?
2. Where can I buy souvenirs?

VOCABULARY

Swedish	English	Class
frimärken	stamps	
vatten	water	noun
souvenirer	souvenirs	
medicin	medication	noun
läkemedel	medication	
apoteket	pharmacy	
Var kan jag köpa [föremål]?	“Where can I buy [item]?”	
Var finns [föremål]?	“Where is/are there [item]?”	
Var kan jag få tag på [föremål]?	“Where can I get a hold of [item]?”	

SAMPLE SENTENCES

<p>Jag ska skicka vykort så jag behöver frimärken.</p> <p>"I'm going to send postcards so I need stamps."</p>	<p>Skulle jag kunna få lite vatten tack?</p> <p>"Can I have some water, please?"</p>
<p>Jag köpte souvenirer till min familj.</p> <p>"I bought souvenirs for my family."</p>	<p>Jag behöver medicin.</p> <p>"I need medication."</p>
<p>Var kan jag hitta läkemedel?</p> <p>"Where can I find medication?"</p>	<p>Apoteket ligger ned för gatan.</p> <p>"The pharmacy is down the road."</p>
<p>Var kan jag köpa vykort?</p> <p>"Where can I get postcards?"</p>	<p>Var finns värktabletterna?</p> <p>"Where are the painkillers?"</p>

Var kan jag få tag på frimärken?

"Where can I get a hold of some stamps?"

GRAMMAR

This lesson's phrase will come in handy in all types of situations where you want to buy something special and need to ask someone for your desired item. The phrase we are looking for is *Var kan jag köpa [item]?* which literally means "Where can I buy [item]?"

In the lesson we used *frimärken*, "stamps," and *souvenirer* "souvenirs," as items. Those two particular items are essential for a tourist and I assure you that they are easy to get your hands on.

Another phrase you could use is the *var finns* which roughly translates to "where is/are there" and could be used at the store asking for the item. For example, you are at a convenience store and want water, you could simply ask: *Var finns vattnet?*, "Where is the water?" Using this definite form of the noun implies that you are certain that the store sells water. Saying *Var finns vatten?* would sound like you have no idea whether there is water but you want it.

The last phrase I would like to share with you is *Var kan jag få tag på [item]?* which roughly translates to "Where can I get a hold of [item]?" If you think the other sentences are a piece of cake this will give you something to work on.

CULTURAL INSIGHT

Quick Tip #1

Today's phrase is a must for those who would need medical attention. If you need some kind of medication you could ask *Var kan jag köpa medicin?*, *medicin* being the word for medication. In Sweden you can only buy medicine at a pharmacy, so you will need to know *Apoteket* which is "the pharmacy." The proper phrase for this would be *Var finns Apoteket?* which literally means "Where is there the pharmacy?"

Quick Tip #2

Var is the Swedish word for "where" and could be used as a stand-alone question. For example, if you've asked if there is a convenient store nearby and got an satisfying answer, you can ask *var?* and they will tell you the directions. More about this in the next lesson.

LESSON NOTES

Survival Phrases S1 #29

Looking Around Locally in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

29

SWEDISH

1. Finns det en affär i närheten?
2. Finns det ett hotell i närheten?

ENGLISH

1. Is there a store near here?
2. Is there a hotel near here?

VOCABULARY

Swedish	English	Class
affär	store	noun
hotell	hotel	noun
vandrarhem	hostel	
Finns det en [någonting] i närheten?	“Is there a [something] near here?”	
Åk till närmaste [plats].	“Go to the nearest [location].”	

SAMPLE SENTENCES

Finns det någon affär i närheten? Is there any store nearby?	Vilken affär ska du till? What store are you going to?
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<p>Jag behöver gå till affären.</p> <p>"I need to go to the store."</p>	<p>Vi bor på ett fint hotell.</p> <p>"We're staying at a nice hotel."</p>
<p>Jag brukar bo på ett vandrarhem när jag reser ensam.</p> <p>"I usually stay at a hostel when I travel alone."</p>	<p>Finns det en postlåda i närheten?</p> <p>"Is there a mailbox near here?"</p>
<p>Åk till närmaste bank.</p> <p>"Go to the nearest bank."</p>	

GRAMMAR

In the previous lesson we scratched the surface of this lesson's phrase. Now, we are going to use to get to a store or hotel. The phrase is *Finns det en [någonting] i närheten?* which roughly translates to "Is there a [something] near here?" The phrase changes a little depending on the place you are looking for but not changing the phrase would still make it understandable.

Let's make some examples. We will start with *affär* which means "store" and when not making it clear what kind of store you are looking for it implies that it is a convenience store. *Finns det en affär i närheten?* means "Is there a store near here?" If you are discussing a particular store with someone and then ask *finns det en affär i närheten?* you mean the type of store you were discussing.

Our second example includes getting a hotel. *Finns det ett hotell i närheten?* is similar to the previous sentence except for the main noun and the little word preceding it, meaning "one" or "a." Since Swedish nouns have gender this is something you'll have to change but don't worry, if you make a mistake you will still be understood.

CULTURAL INSIGHT

Quick Tip

#1

Here is a list of stores for buying food, that are common in Sweden.

1. Ica
2. Konsum
3. Vi (formerly "Vivo")
4. Hemköp

Note that all of these are gender neutral thus the word preceding them in indefinite form is *ett*.

Quick Tip #2

Today's phrase will come in handy when talking to taxi drivers. You could also say *Åk till närmaste [location]* which means "Go to the nearest [location]" as in *åk till närmaste affär/hotel*.

LESSON NOTES

Survival Phrases S1 #30

Asking Directions in Swedish

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Grammar
- 5 Cultural Insight

30

SWEDISH

1. Gå rakt fram.
2. Sväng höger.
3. Sväng vänster.
4. Det är till höger.
5. Det är till vänster.

ENGLISH

1. Go straight.
2. Turn right.
3. Turn left.
4. It's on the right.
5. It's on the left.

VOCABULARY

Swedish	English	Class
Du går därifrån	"You go from there and ..."	
Du går härifrån	"You go from here and ..."	

Vet du var [någoting] ligger?	“Do you know where [something] is?”	
ta till ...	“go/turn ...”	
sväng till ...	“turn...”	
Var finns det en [någoting]?	“Where is there a [something]?”	
höger	right	noun
vänster	left	noun
rakt fram	straight ahead	
sedan	then	
sen	then	adjective
framme	there (when arriving at your destination)	
Finns det en [någoting] i närheten?	“Is there a [something] near here?”	

SAMPLE SENTENCES

Du går därifrån och svänger höger. "You go from there and turn right."	Du går härifrån och svänger vänster. "You go from here and turn left."
Vet du var posten ligger? "Do you know where the post office is?"	Ta till höger vid nästa korsning. "Turn right at the next intersection."
Sväng till vänster där framme. "Turn left over there."	Var finns det en telefonautomat? "Where is there a payphone?"

<p>Mannen står till höger om statyn.</p> <p>"The man is standing to the right of the statue."</p>	<p>Affären ligger på vänster sida.</p> <p>"The store is on the left side."</p>
<p>Gå rakt fram så ser du affären.</p> <p>"Go straight ahead and you'll see the store."</p>	<p>Sedan läser jag lite.</p> <p>"Then I read a little."</p>
<p>Först åt vi och sedan gick vi ut.</p> <p>"We had lunch first and then we went out."</p>	<p>Du är sen.</p> <p>"You're late."</p>
<p>Lisa anlände först, sen kom Anna.</p> <p>"Lisa arrived first, then came Anna."</p>	<p>Jag började kolla på film, men sen blev jag så trött att jag somnade.</p> <p>"I started to watch a movie, but then I got so tired that I fell asleep."</p>
<p>Väck mig när vi är framme.</p> <p>"Wake me up when we're there."</p>	<p>Finns det en postlåda i närheten?</p> <p>"Is there a mailbox near here?"</p>

GRAMMAR

Let's cover the basics. First we have *rakt fram* which means "straight ahead." So when someone asks you to go straight ahead, you will hear *gå rakt fram*. Next we have turning; we have turn right and turn left. *Sväng höger* and *sväng vänster*. You could also say *ta till höger* and *ta till vänster* which literally means "take to right" and "take to left." And lastly we have "it's on the right" and "it's on the left" which are *det är till höger/det är till vänster*. Now you should practice these phrases because it is basically all you will need.

Here is a possible example:

- *Var finns det en affär?*

- *Du går härifrån, rakt fram, sen tar du till höger och går tills du kommer fram till en stor skylt*

där det står affär. Då är du framme.

- *Okej, tack!*

Translation:

- "Where is there a store?"

- "You go from here, straight ahead, and then you turn right and walk until you come to a big sign which says store. Then you are there."

- "Ok, thank you!"

CULTURAL INSIGHT

Quick Tip #1

Often, before giving directions, people will start from somewhere. Either they will ask *Vet du var [någonting] ligger? Gå därifrån och...* which means "Do you know where [something] is? Walk from there and ..." or they will say *Du går härifrån och ...* which is "you go from here and ..." This might be a little difficult so take your time.

Quick Tip #2

Framme is an odd word that is used a lot in directions. It is used when arriving at a location or when talking about something in front of you. It could be translated as "there" or "here" as in arriving at a location or used as "over there," when talking about something in front of you, while moving towards it. To make you understand this crucial grammar, here are some examples:

1. "Are we there yet?" (As kids say to annoy their parents) - *Är vi framme snart?*
2. "Look over there!" (Said while going towards something) - *Titta där framme!*
3. "Now we are there/here" (When arriving at a location) - *Nu är vi framme!*

LESSON NOTES

Survival Phrases S1 #31

Can You Take my/our Picture? in Swedish

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- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

31

SWEDISH

1. Kan du ta kort på oss?
2. Säg omelett!

ENGLISH

1. Can you take our picture?
2. Say cheese!

VOCABULARY

Swedish	English	Class
kan	can	verb
Kan du ta kort på mig?	“Can you take my picture?”	
Kan du ta kort på oss?	“Can you take our picture?”	
mig	me	
oss	us	
på	on	
kort	picture	adjective
ta	take	verb
du	you	
Säg omelett!	“Say omelette!”	

SAMPLE SENTENCES

<p>Kan du köpa ägg på vägen hem?</p> <p>"Can you buy eggs on the way home?"</p>	<p>Ursäkta, kan du ta kort på mig?</p> <p>"Excuse me, can you take my picture?"</p>
<p>Ursäkta, kan du ta kort på oss?</p> <p>"Excuse me, can you take our picture?"</p>	<p>Hon såg mig inte.</p> <p>"She didn't see me."</p>
<p>Jag hoppas någon kan hjälpa oss.</p> <p>"I hope someone can help us."</p>	<p>Jag tog boken som låg på bordet.</p> <p>"I took the book that was on the table."</p>
<p>I lådan fanns det ett väldigt gammalt kort.</p> <p>"There was a very old picture in the box."</p>	<p>Kvinnan tar en påse med sallad.</p> <p>"The woman is taking the bag of salad."</p>
<p>Är du arg?</p> <p>"Are you angry?"</p>	<p>Okej allihopa, säg omelett!</p> <p>"Okay everyone, say omelette!"</p>

GRAMMAR

In this lesson we'll introduce a phrase that is certain to come in handy for capturing your memories on film. Sweden is full of beautiful scenery, and there are times when you'll want to be in the picture or have everyone in your party in the picture. Therefore, there are times when the question, "Can you take our/my picture?" will be invaluable!

In Swedish "Can you take our picture?" is *Kan du ta kort på oss?* The first word *kan* means "can." This is followed by *du*, which in Swedish is "you." So to recap here, we have *kan du*. Literally this means "can you" or "could you." The next word which is *ta* means "take." Then comes *kort* which means "picture." Next we have *på* which in Swedish means "on." Lastly we have the pronoun for "us" which in Swedish is *oss*. So all together we have *Kan du ta kort på oss?* Literally this means "Can you take picture on us?"

When travelling alone, "Can you take my picture?" is *Kan du ta kort på mig?* Here we substitute *mig* for *oss*.

In English, before someone takes a picture, the person taking the picture may say, "1, 2, 3. Cheese." In Swedish before a picture is taken, the person taking the picture may say *Säg omelett!* The first word *säg* means say. This is followed by *omelett*, which in Swedish is "omelette." So all together we have *Säg omelett!* Literally this means "Say omelette!"

So if you're taking the picture, you'll say this. And if you having your picture taken, you'll hear this!

When travelling to an exotic place people tend to get a little something to help them remember the good times. That awesome beach, that particular restaurant or those new local friends you made. Some buy a little souvenir but I personally think that it gets too messy and dusty when you have those kind of things. Therefore I suggest this: take a lot of pictures! Also, why not spend a little extra money on a camera to pull that little extra out of the scene to help you remember.

CULTURAL INSIGHT

Quick Tip #1

Don't forget to learn how to say yes/no in Swedish since no one likes a pushy person. Especially not Swedes, since they are often reserved. The Swedish word for yes is *ja* and is common in most Germanic languages. The person you're asking might also say *ja*, *visst* or *jo*, *visst* or even *självklart!* this means "yeah, sure" and "of course!" The word for no is *nej* but sometimes this might sound like *ne* or *nä* like in Germany, the Netherlands, Norway, Denmark and so forth.

Quick Tip #2

Skulle du kunna ta en bild? gives a little humble approach to the one you are bossing around. This literally means "would you be able to take a picture?" and if it's unclear of what, you could just point at you and your party.

LESSON NOTES

Survival Phrases S1 #32

Asking for Permission in Sweden

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
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- 4 Cultural Insight

32

SWEDISH

1. Får jag ta en bild?
2. Får jag ta en bild med dig?
3. Får man fotografera här?

ENGLISH

1. May I take a picture?
2. May I take a picture with you?
3. May I take a picture here?

VOCABULARY

Swedish	English	Class
får	may	noun
Får jag ta en bild med dig?	“May I take a picture with you?”	
Får jag ta en bild?	“May I take your picture?”	
här	here	noun
fotografera	to photograph	
man	you or one	
en bild	a picture	
ta	take	verb

jag

I; me

Får man fotografera här?

"May I take a picture here?"

SAMPLE SENTENCES

Får jag stiga in? "May I come in?"	Ursäkta, får jag ta en bild med dig? "Excuse me, may I take a picture with you?"
Ursäkta, får jag ta en bild? "Excuse me, may I take your picture?"	Vad är det som händer här? "What's happening here?"
Jag gillar att fotografera naturen. "I like to photograph nature."	Får man gå hem när man vill? "Can you leave when you want?"
Jag tog en bild på statyn. "I took a picture of the statue."	Ta de här tableterna tre gånger om dagen. "Take these pills three times a day."
Jag bor väldigt nära stationen. "I live very close to the station."	Ursäkta, får man fotografera här? "Excuse me, may I take a picture here?"

GRAMMAR

In this lesson we'll introduce a question related to, "Can you take our picture?" which in Swedish is *Kan du ta kort på oss?* There are cases when you may want to take a picture of someone or with someone, but before doing so, you'd like to ask for permission.

In Swedish "May I take your picture?" is *Får jag ta en bild?* The first word *får* means "may." It is followed by *jag*, which in Swedish is "I." So to recap here, we have *får jag*. Literally this means "may I." Let's take a look at the next word which is *ta* which means "take." Then comes *en bild* which means "a picture." So all together we have *Får jag ta en bild?* Literally this

means "May I take a picture?"

There may also be times when you want to take a picture with someone. In this case, you could ask by saying *Får jag ta en bild med dig?* The first word *får* means may. This is followed by *jag*, which in Swedish is "I." The next word which is *ta* which means "take." Then comes *en bild* which means "a picture." This is followed by *med* which in Swedish is "with." And last we've got *dig* which is the object form of "you." So all together we have *Får jag ta en bild med dig?* Literally this means "May I take a picture with you?"

And finally, for asking permission to take a picture you can say "May I take a picture here?" which in Swedish is *Får man fotografera här?* The first word *får* means "may." It is followed by *man*, which in Swedish is "you" or "one." So to recap here, we have *Får man...?* Literally this means "May one...?" The next word: *fotografera* which means "to photograph." Then comes *här* which means "here." So all together we have *Får man fotografera här?* Literally this means "May one photograph here?"

CULTURAL INSIGHT

Quick Tip #1

The answers to these questions are also essential to learn. Yes in Swedish is *ja* and no is *nej*. It's most likely that you'll hear one of those two when asking a yes-or-no-question.

Quick Tip #2

The phrase *får jag...* means "may I..." and can be use at anytime where you want to be a little extra polite and ask for permission. *Får* is an auxillary verb and this construction must be followed by a main verb such as *fotografera*.

LESSON NOTES

Survival Phrases S1 #33

How Do You Say This in Swedish?

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- 3 Grammar
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SWEDISH

1. Hur säger man "car" på svenska?
2. Hur säger man det på svenska?

ENGLISH

1. How do you say "car" in Swedish?
2. How do you say it in Swedish?

VOCABULARY

Swedish	English	Class
hur	how	adverb
säger	say	
man	you or one	noun
på svenska	in Swedish	
engelska	English	noun
Hur säger man "car" på svenska?	"How do you say "car" in Swedish?"	
Hur säger man det på svenska?	"How do you say it in Swedish?"	

SAMPLE SENTENCES

<p>Hur mår du?</p> <p>"How are you?"</p>	<p>Vad säger man efter maten?</p> <p>"What do you say after dinner?"</p>
<p>Hur kommer man in?</p> <p>"How does one get in?"</p>	<p>Jag brukar sjunga sånger på svenska.</p> <p>"I used to sing songs in Swedish."</p>
<p>Nej, tyvärr. Jag pratar bara engelska.</p> <p>"No, unfortunately, I speak only English."</p>	<p>Hon studerar engelska på universitetet.</p> <p>"She studies English at the university."</p>
<p>Ursäkta, hur säger man "car" på svenska?</p> <p>"Excuse me, how do you say 'car' in Swedish?"</p>	<p>Vänta ett ögonblick, hur säger man det på svenska?</p> <p>"Hold on a second, how do you say it in Swedish?"</p>

GRAMMAR

In today's lesson we'll introduce you to a phrase that will provide you with the tools to learn from the people around. Now, a dictionary is a great idea, but don't forget that you can use Swedish to learn in a more fun and interactive way. For today, we're going to need a word, as we're going to cover "How do you say (something) in Swedish?" Let's use "car" for that something.

In Swedish "How do you say "car" in Swedish?" is *Hur säger man "car" på svenska?* The first word *hur* means "how." This is followed by *säger*, which in Swedish is "say." Then comes *man* which means "you" or "one." So to recap here, we have *Hur säger man...?* Literally this means "How does one say..." Then you add the word you want translated into Swedish which in this case is "car." Let's take a look at the next word *på* which literally means "on" but in this case it means "in." This is followed by *Svenska*, which in Swedish is "Swedish." So all together we have *Hur säger man "car" på svenska?* Literally this means "How does one say "car" in Swedish?"

You can also use this expression without using any English. To accomplish this you can use the expression "How do you say it in Swedish?" In Swedish "it" is *det*. So, "How do you say it

in Swedish?" is *Hur säger man det på svenska?* This is exactly the same as the previous sentence but instead of using a word in English you just replace that word with *det*.

CULTURAL INSIGHT

Quick Tip #1

A tip is to substitute *svenska* in this phrase with *engelska*, English, to make this backwards, meaning that you can ask for the English translation of a Swedish word. Imagine a conversation like this:

- [...] *så min vän sitter numer i riksdagen.*
- *Ursäkta, hur säger man "riksdagen" på engelska?*
- [...] so my friend now sits in the parliament.
- Excuse me, how do you say *riksdagen* in English?

Riksdagen is the Swedish word for "parliament."

Quick Tip #2

To make this a little more fluent and easy you can say *Vad är det på svenska?* which literally means "what is it in Swedish?"

LESSON NOTES

Survival Phrases S1 #34

Learn to Write in Swedish without Lifting a Pen

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SWEDISH

1. Kan du skriva ned det, tack?
2. Kan du uttala det här, tack?

ENGLISH

1. Can you write it down, please?
2. Can you pronounce this, please?

VOCABULARY

Swedish	English
det	it
ned	down
ner	down
det här	this
Kan du skriva ned det, tack?	"Can you write it down, please?"
Kan du uttala det här, tack?	"Can you pronounce this, please?"

SAMPLE SENTENCES

Det har regnat hela dagen. "It has been raining all day."	Jag åkte ned till Malmö. "I went down to Malmö."
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<p>Malin har gått ner till stranden.</p> <p>"Malin has gone down to the beach."</p>	<p>Titta inte ner!</p> <p>"Don't look down!"</p>
<p>Det här var en klurig fråga.</p> <p>"This is a tricky question."</p>	<p>Kan du skriva ned det till mig, tack?</p> <p>"Can you write it down for me, please?"</p>

Ursäkta, kan du uttala det här, tack?

"Can you pronounce this, please?"

GRAMMAR

The most fun and exciting moment of studying a language is when you come to the point, where you can learn from the people around you and throw away your learning book and just go with the flow. This point is reached now as you listen to this lesson. This is the second step to becoming completely fluent in a language and learning the same way as the native speakers; through conversation and interacting with others.

Today's phrase is an awesome example on how to do this. "Can you write it down, please?" is the phrase we want to learn this lesson. This is *Kan du skriva ned det, tack?* in Swedish and is awesome if you want something spelled out for the purpose of learning or when you want an address on paper to remember it or to compare to signs OR to get important phone numbers written down.

We also covered *Kan du uttala det här, tack?* which means "Can you pronounce this, please?" This is very useful while pointing at something that you got written down.

These two phrases are almost translated word for word which makes it very easy to compare English to Swedish.

CULTURAL INSIGHT

Quick Tip #1

Use these phrases frequently to learn new things and don't forget to stop by SwedishPod101.com to let me help you with your questions about learning the language from your surroundings.

Quick Tip #2

Remember that *ned*, "down," also can be written as *ner* and is always pronounced that way, with an R and not a D. In addition, the word *det* which means "it" often gets its T dropped and thus is pronounced like *dé*. Compared to *ned/ner* this only happens in spoken Swedish.

LESSON NOTES

Survival Phrases S1 #35

Please Pass the Pepper in Sweden

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

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SWEDISH

1. Kan du skicka ketchupen?

ENGLISH

1. Please pass the ketchup.

VOCABULARY

Swedish	English
salladen	the salad
Kan du skicka [något]?	“Can you pass the [something]?”
saltet	the salt
pepparn	the pepper
kryddorna	the spices
smöret	the butter
brödet	the bread
potatisen	the potatoes
flaskan	the bottle
vattnet	the water
såsen	the gravy
ketchupen	the ketchup
senapen	the mustard
grönsakerna	the vegetables
Skicka [något]!	“Pass the [something]!”

SAMPLE SENTENCES

<p>Kan du göra i ordning salladen?</p> <p>"Can you prepare the salad?"</p>	<p>Kan du skicka mjölken?</p> <p>"Can you pass the milk?"</p>
<p>Saltet står på översta hyllan.</p> <p>"The salt is on the top shelf."</p>	<p>Pepparn är nästan slut.</p> <p>"The pepper is almost used up."</p>
<p>Glöm inte att tillsätta kryddorna.</p> <p>"Don't forget to add the spices."</p>	<p>Smöret har nästan smält helt.</p> <p>"The butter has almost melted completely."</p>
<p>Skär brödet i tio skivor.</p> <p>"Cut the bread in ten slices."</p>	<p>Potatisen är för gammal.</p> <p>"The potatoes are too old."</p>
<p>Flaskan krossades mot marken.</p> <p>"The bottle was crushed against the ground."</p>	<p>Vattnet är grumligt, vi kan inte dricka det.</p> <p>"The water is muddy, we can't drink it."</p>
<p>Såsen är utsökt!</p> <p>"The gravy is delicious!"</p>	<p>Jag råkade ha på för mycket av ketchupen.</p> <p>"I accidentally put on too much of the ketchup."</p>
<p>Jag glömde senapen i affären.</p> <p>"I forgot the mustard in the store."</p>	<p>Grönsakerna har sjudat i fem minuter.</p> <p>"The vegetables have simmered for five minutes."</p>

Skicka mjölken!

"Pass the milk!"

GRAMMAR

Life is about getting what you want and that is what you are going to accomplish with this lesson's phrase. Whether you are at a dinner or you are building something and need a certain tool you can use this phrase. "Please, pass the [something]" is *Kan du skicka [something]?* which literally means "Can you send [something]?" Sometimes you get the arrogant and clever answer "yes I can" with a "but I won't" implied but such rude behavior will just come from immature friends or your children.

In this lesson we focused mostly on getting things around the table so the vocabulary is full of words for stuff you'll find on the table in Sweden that could get passed.

To use the imperative you just use the phrase *Skicka [something]!* and drop all the formalities. You might hear this in a situation where stress is common and the pressure from time is intense. The last way to get something passed to you is to drop *skicka* and just call out the word for what you want.

CULTURAL INSIGHT

Quick Tip #1

Remember that the item that we want passed is used in its definite form. This means that you don't pass ketchup but you pass THE ketchup. Not *ketchup* but *ketchupen*.

Quick Tip #2

You can, which is very common, replace the word you want passed with *det* meaning "it" to form the sentence *Kan du skicka det, tack?* Literally this means "Can you send it, please?"

LESSON NOTES

Survival Phrases S1 #36

The Swedish Hotel Checkin is Only Half the Battle

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- 4 Cultural Insight

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SWEDISH

1. Jag skulle vilja checka in.
2. Och namnet?
3. Kan du bokstavera det?

ENGLISH

1. I would like to check in.
2. Your name please?
3. Can you spell that, please?

VOCABULARY

Swedish	English	Class
namn	name	
Och namnet?	“And the name?”	
Jag skulle vilja checka in.	“I would like to check in.”	
dubbelrum	double room	
nätter	nights	
natt	night	
enkelrum	single room	
vandrarhem	hostel	
hotell	hotel	noun

campingplats	camping site
bokstavera	spell
Kan du bokstavera det?	"Can you spell that?"

SAMPLE SENTENCES

<p>Hon har ett väldigt ovanligt namn.</p> <p>"She has a very unusual name."</p>	<p>Och namnet, tack?</p> <p>"And the name, please?"</p>
<p>Jag skulle vilja checka in här, tack.</p> <p>"I would like to check in here, please."</p>	<p>Vi har ett dubbel rum kvar.</p> <p>"We've got one double room left."</p>
<p>Jag har spenderat fem dagar och fyra nätter i Stockholm.</p> <p>"I've spent five days and four nights in Stockholm."</p>	<p>Jag drömde om dig i natt.</p> <p>"I had a dream about you last night."</p>
<p>Jag skulle vilja ha ett enkelrum, tack.</p> <p>"I'd like to have a single room, please."</p>	<p>Jag brukar bo på ett vandrarhem när jag reser ensam.</p> <p>"I usually stay at a hostel when I travel alone."</p>
<p>Vi bor på ett fint hotell.</p> <p>"We're staying at a nice hotel."</p>	<p>Vi åker till en campingplats varje år.</p> <p>"We go to a camping site every year."</p>
<p>Mitt namn är långt, så jag måste alltid bokstavera det.</p> <p>"My name is long, so I always have to spell it."</p>	<p>Kan du bokstavera det, tack?</p> <p>"Can you spell that, please?"</p>

GRAMMAR

As you are traveling to Sweden it is most likely that you won't have enough time to check out all the sights before night falls. Therefore you might have to stay at a hotel, hostel, bed

CULTURAL INSIGHT

Quick Tip #1

If you haven't booked beforehand you could ask them if there is a single or double room available. You can accomplish this with the phrase *Har ni några lediga dubbel-/enkelrum?* which means "Do you have any vacant double-/single rooms?" If this is the case you will be asked how many nights you want to stay. *Hur många nätter?* is the phrase for "How many nights?" Check our previous lessons on how to count. I will give you the numbers one to three.

1. *En natt* – one night
2. *Två nätter* – two nights
3. *Tre nätter* – three nights

Quick Tip #2

Here are the names for some Swedish places you might be staying at:

1. Hotel – *Hotell*
2. Hostel – *Vandrarhem*
3. Camping site – *Campingplats*

Most websites have an English translation.

LESSON NOTES

Survival Phrases S1 #37

Places to Stay and the Swedish You Need to Know

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- 3 Grammar
- 4 Cultural Insight

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SWEDISH

1. När är utcheckningen?
2. Kan jag få fler handdukar?

ENGLISH

1. What time is check-out?
2. Can I get more of towels?

VOCABULARY

Swedish	English	Class
det	it	
klockan [tid]	[time] o'clock	
de (dom) där	those	
det här	this	
det där	that	
När är utcheckningen?	“When is check-out?”	
Kan jag få fler/mer [någonting]?	“Can I get more of [it, this etc]?”	
de (dom) här	these	
dessa	these	
tandkräm	toothpaste	noun
tvål	soap	noun

shampoo

shampoo

handdukar

towels

SAMPLE SENTENCES

<p>Det är inte lätt när det är svårt.</p> <p>"It's not easy when it's difficult."</p>	<p>Klockan tio.</p> <p>"Ten o'clock."</p>
<p>Kommer du ihåg de där byxorna jag brukade ha på mig?</p> <p>"Do you remember those pants I used to wear?"</p>	<p>Det här var inte lätt.</p> <p>"This wasn't easy."</p>
<p>Det där skulle du inte ha gjort.</p> <p>"You shouldn't have done that."</p>	<p>Ursäkta, när är utcheckningen?</p> <p>"Excuse me, when is check-out?"</p>
<p>Kan jag få fler lakan?</p> <p>"Can I get more sheets?"</p>	<p>De här lakanen är smutsiga.</p> <p>"These sheets are dirty."</p>
<p>Dessa böcker ska vara tillbaka på onsdag.</p> <p>"These books should be back on Wednesday."</p>	<p>Jag gillar inte smaken av tandkräm.</p> <p>"I don't like the taste of toothpaste."</p>
<p>Den här tvålen doftar av rosor.</p> <p>"This soap smells like roses."</p>	<p>Jag använder alltid samma schampoo.</p> <p>"I always use the same shampoo."</p>
<p>Hon hängde ut handdukarna för att torka.</p> <p>"She hung the towels out to dry."</p>	

GRAMMAR

As you are traveling to Sweden it is most likely that you won't have enough time to check out all the sights before night falls. Therefore it is required to stay at a hotel, hostel, bed

In Swedish the phrase for asking when the check out is, is *När är utcheckningen?* This literally means "When is the check-out?" and is a common question at a hotel or hostel. You will most likely get an answer like this *klockan* which means "o'clock" followed by a number.

Now, we want to get more of something that you can get in your room. This could be towels, toothpaste, soap, etc. You can accomplish this by asking *Kan jag få fler/mer [something]?* Remember that you use *mer* when you want more of something uncountable and *fler* when you want more of a thing that is countable. This whole phrase literally means "Can/could I get more of [something]?"

1. *Tandkräm* – "Toothpaste" (*mer*)
2. *Handdukar* – "Towels" (*fler*)
3. *Shampoo* – "Shampoo" (*mer*)
4. *Tvål* – "Soap" (*mer*)

Just replace [something] in the phrase with the thing you want more of and you are all set.

CULTURAL INSIGHT

Quick Tip #1

You can also use the phrase *Kan jag få fler/mer* when asking for it, this, that, those, these by adding the word *av* which means "of" and then the word *det*, *det här*, *det där*, *dessa/de här*, *de där* (is pronounced like *dom där*).

Quick Tip #2

Most common hotels don't have extraordinary service as bag-carrying. At least don't expect it but if you have any problems you could ask the staff to help you.

LESSON NOTES

Survival Phrases S1 #38

Where Can I Buy Power Converters?

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

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SWEDISH

1. Har ni en strömadapter?
2. Har ni batterier?

ENGLISH

1. Do you have a power converter?
2. Do you have batteries?

VOCABULARY

Swedish	English
strömadapter	power converter
batterier	batteries
Har ni en [something]?	"Do you have [something]?"

SAMPLE SENTENCES

<p>Du måste ha en strömadapter till din dator.</p> <p>"You need to have a power converter for your computer."</p>	<p>Det finns batterier i den här leksaken.</p> <p>"There's batteries in this toy."</p>
<p>Har ni lim?</p> <p>"Do you have glue?"</p>	

GRAMMAR

As you are traveling to Sweden it is most likely that you won't have enough time to check out all the sights before night falls. Therefore it is required to stay at a hotel, hostel, bed

In Swedish the phrase for asking for a power converter is *Har ni en strömadapter?* This literally means "Do you have a power converter?" In this case you use *ni* which is plural of "you" but is often used to address one that represents the whole organization of a business. You ask the whole hotel if they have a power converter and not the receptionist.

If you want to ask for something else, just replace the word *en strömadapter* with what you are looking for. For instance, you can ask for batteries with the phrase *Har ni batterier?*

CULTURAL INSIGHT

Quick Tip #1

Don't ever plug in a non-European device in the outlets even though you might have put on a European electrical connector on your cables. This will break your gear since you would get more volts into your gear than it can handle. In Europe we have 220-240 Volts and 50 Hz, while the U.S. has 110 Volts and 60 Hz. You need a power converter. When organizing an event with lots of computer gamers, one kid changed his computer to handle 110 Volts instead of 230 and it broke with a loud bang. You should really keep your stuff at home if not completely necessary.

LESSON NOTES

Survival Phrases S1 #39

Using the Post Office in Sweden

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

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SWEDISH

1. Posten.
2. Jag vill skicka det här till New York.

ENGLISH

1. The mail.
2. I'd like to sent this to New York.

VOCABULARY

Swedish	English	Class
vykortet	the card	
brevet	the letter	
paket	the package	noun
frimärken	stamps	
Jag vill skicka [föremål] till [plats].	"I would like to send [item] to [location]."	

SAMPLE SENTENCES

Vykortet har ett motiv av naturen. "The card has a scene from nature."	Brevet kom fram nästa dag. "The letter arrived the next day."
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Jag skickade ett paket till min faster.

"I sent a package to my aunt."

Jag tror jag behöver tio frimärken.

"I think I need ten stamps."

Jag vill skicka ett vykort till New York.

"I would like to send a postcard to New York."

GRAMMAR

The post office in Sweden has been phased out. We still have *Posten*—"the mail"—that delivers mail every day but there are no offices. So how do you send stuff? Local stores usually have a cooperation with *Posten* for keeping big letters that don't fit in mailboxes, packages and to help you send parcels and literally everything you expect the post office to handle.

Today's lesson is all about getting the stuff home and to accomplish this we use the phrase *Jag vill skicka det här till* [location]. This literally means "I'd like to send this to [location]."

Next step is to add what you want to send to the phrase like this *Jag vill skicka* [item] *till* [location]. The item that you want to send must stand in its definite form. Let's use *vykort*, "card" and the location "New York" as examples. *Jag vill skicka vykortet till New York*. This literally means "I want to send the card to New York." Note that we have changed *vykort*, "card" to *vykortet*, "the card." It is also possible to add the word for "this" and "that" before the item to be more specific. *Jag vill skicka det här* [item] *till* [location] or *Jag vill skicka det där* [item] *till* [location]. You could also send a letter, *brevet* literally "the letter," or a package, *paket* "the package."

CULTURAL INSIGHT

Quick Tip #1

The stores that sell stamps, *frimärken*, and help you to send different items are usually small. So it's not a supermarket you want to look for. It's the really local stores with their own names that only exist at that specific location. In some cases you will find the post office at big stores

too but that's more rare. On the web you can search for specific locations and you'll get a list on nearby stores that handles the business of Posten.

<http://www.posten.se>

Quick Tip #2

In Stockholm there is a mail museum—*postmuseet*—with old stamps, uniforms and other fun stuff that has to do with the Swedish mail service. I suggest that you visit this during your stay in Stockholm. For more about this visit: <http://www.postmuseum.posten.se>

LESSON NOTES

Survival Phrases S1 #40

Introducing Yourself in Swedish

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- 2 English
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- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

40

SWEDISH

1. Trevligt att träffas.
2. Jag heter...

ENGLISH

1. Nice to meet you.
2. My name is...

VOCABULARY

Swedish	English	Class
ni	you (plural)	
du	you	
Men ni kan kalla mig...	But you can call me...	
Men du kan kalla mig...	But you can call me...	
Trevligt att träffas.	"Nice to meet you."	expression
Jag är...	"I am..."	
Jag heter...	"I am named..."	
hej	hello	

SAMPLE SENTENCES

Vilket fint hem ni har! "What a nice home you have!"	Är ni färdiga? "Are you ready?"
Jag hör dig inte. "I can't hear you."	Men ni kan kalla mig Alex. "But you can call me Alex."
Men du kan kalla mig Alex. "But you can call me Alex."	"Hej, trevligt att träffas." "Hello, nice to meet you."
Jag är Alexandra. "I am Alexandra."	Jag heter Alexandra. "I am named Alexandra."
"Hej, trevligt att träffas." "Hello, nice to meet you."	

GRAMMAR

First impressions are important and we want to help you leave a first impression that will last. One of the first phrases you learn in a language is "Nice to meet you" and that's also what we've covered in today's lesson. In Swedish "Nice to meet you" is *Trevligt att träffas*.

Next we have a crucial part of the language, "I am [something]," which is frequently used in ALL languages! In this lesson we covered how to introduce yourself, thus: The phrase is "I am [your name]" In Swedish, when talking about names, we have a verb which means something like "to be named" and is used as "my name is [name]/I am named [name]." In Swedish this is *Jag heter* [name].

In Sweden, meeting someone for the first time we use a common all-day greeting like *hej* and shake hands. Even if we are introduced by names we sometimes repeat our name while shaking hands. Pay attention to what the other people say. If they say their names, respond with yours, if they say *hej* respond with *hej* and so on. And to leave that extra impression you could add *trevligt att träffas* at the end.

CULTURAL INSIGHT

Quick Tip #1

Some cultures bow, some cultures kiss and some cultures shake hands. Most common in Sweden is to shake hands while meeting someone. Friends might hug, not exclusively but especially girls so if you've made some new friends, don't be afraid if they greet you with a hug.

Quick Tip #2

If Swedes have difficulty with your name, you can say *Jag heter* [your name] and then add *men ni/du kan kalla mig* [nickname] which means "but you (plural)/you can call me [nickname]."

LESSON NOTES

Survival Phrases S1 #41

Say Where You're From in Swedish

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- 2 English
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- 3 Sample Sentences
- 4 Grammar
- 5 Cultural Insight

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SWEDISH

1. Jag är amerikan.

ENGLISH

1. I am American.

VOCABULARY

Swedish	English	Class
Amerikansk	American	adjective
Jag är svensk	"I am Swedish." (adjective, male)	
Finländare	Finnish (male)	
Finsk	Finnish (adjective)	
Italienska	Italian (female)	
Italienare	Italian (male)	
Italiensk	Italian (adjective)	
Spanjorska	Spanish (female)	
Spanjor	Spanish (male)	
Spansk	Spanish (adjective)	
Holländska	Dutch(female)	
Holländare	Dutch(male)	
Holländsk	Dutch (adjective)	
Tyska	German (female)	

Tysk	German (male)
Tysk	German (adjective)
Amerikanska	American (female)
Amerikan	American (male)
Jag är svenska.	"I am Swedish." (adjective, female)

SAMPLE SENTENCES

<p>Det är en amerikansk film.</p> <p>"It's an American movie."</p>	<p>Min pappa har en gammal amerikansk bil.</p> <p>"My father has an old American car."</p>
<p>Hej, jag är svensk.</p> <p>"Hello, I am Swedish."</p>	<p>Hans pappa är finländare.</p> <p>"His father is Finnish."</p>
<p>Jag har en finsk kniv som jag fick av min farfar.</p> <p>"I have a Finnish knife that I got from my grandfather."</p>	<p>Vi har en ingift italienska i familjen.</p> <p>"I have an Italian woman married into our family."</p>
<p>När hon åkte till Italien blev hon kär i en italienare.</p> <p>"When she went to Italy she fell in love with an Italian."</p>	<p>Jag lyssnar på italiensk musik.</p> <p>"I listen to Italian music."</p>
<p>Vi känner en spanjorska som lär ut spanska till oss.</p> <p>"We know a Spanish woman who teaches Spanish to us."</p>	<p>Jag har en spanjor i min klass.</p> <p>"I have a Spanish guy in my class."</p>

<p>Jag tycker om spansk mat.</p> <p>"I like Spanish food."</p>	<p>En holländska kom in i affären.</p> <p>"A Dutchwoman came into the store."</p>
<p>Hon gifte sig med en holländare.</p> <p>"She married a Dutchman."</p>	<p>Jag har en holländsk byrå i mitt sovrum.</p> <p>"I have a Dutch chest of drawers in my bedroom."</p>
<p>Jag har en vän som är tyska.</p> <p>"I have a friend who's German."</p>	<p>Min lärare är tysk.</p> <p>"My teacher is German."</p>
<p>Mannen hade en stark tysk brytning.</p> <p>"The man had a strong German accent."</p>	<p>Jag visste att hon var amerikanska på grund av hennes uttal.</p> <p>"I knew she was American because of her accent."</p>
<p>Min kompis pojkvän är amerikan.</p> <p>"My friend's boyfriend is American."</p>	<p>Hej, jag är svenska.</p> <p>"Hello, I am Swedish."</p>

GRAMMAR

This lesson's phrase works as a little follow-up on our previous lessons which were about first encounters and how to say "I am..."

"I am..." in Swedish is *Jag är...* and is most commonly pronounced like *Ja é*. This lesson is about nationalities and the only thing you need to do is to add the nationality on this sentence. In the vocabulary I've added a list of nationalities in Swedish. If you are interested, I would love to translate a particular nationality for you. Just leave us a post at Survivalphrases.com!

In Swedish it's common for nationalities to end with *-man* (male) or *-yska* (female). An example for this would be *fransman* and *fransyska* for people from France. We also have *-n* like *amerikan* "American" and *-sk* as in *tysk* "German." It's very irregular which we use and sometimes there isn't just one way. I can't figure out any rule but if I do, I will get back to you.

One thing I can think of is to take the language and if it ends in *-ska* it's the female form of the nationality. Drop the *-a* and you get the male version. This works for *tyska* and *tysk* "German" since the language is *tyska* "German." This also works for *svensk* and *svenska* "Swedish."

CULTURAL INSIGHT

Quick Tip #1

The reason there are so many ways of constructing nationalities is that it's becoming more possible to take the adjective of a nationality and use that as the nationality itself. For instance, before you used the word *engelsman* for "Englishman" but now you could use the adjective *engelsk* which means "English," something from England. Remember that this is unisex so it doesn't matter if you are male or female. Sometimes this sounds something like "of ... heritage" but mostly this is acceptable.

Quick Tip #2

The use of nationalities is very versatile. You can use it when people ask for a certain nationality or when they ask you. You can also use that when people ask for someone who speaks a certain language. For instance *Talar någon här tyska?* This means "Does anyone here speak German?" and then, if you are German, you can step forward and say *Jag är tysk!* You can also add *Jag kan tyska* which literally means "I can German" but translated it is "I speak German" or "I'm able to speak German."

LESSON NOTES

Survival Phrases S1 #42

A Guide to Foreign Exchange in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

42

SWEDISH

1. Finns det en bankomat i närheten?
2. Var kan jag växla pengar?
3. Mindre valörer, tack.
4. Kan du växla det här, tack.

ENGLISH

1. Is there an ATM near here?
2. Where can I exchange currency?
3. Smaller denominations, please.
4. Break this, please.

VOCABULARY

Swedish	English	Class
krona	Swedish currency (singular)	
kronor	Swedish currency (plural)	
bankomat	ATM	
bank	bank	noun
Finns det [något] i närheten?	“Is there [something] near here?”	

Var kan jag växla pengar (till kronor)?	"Where can I exchange money (to kronor)?"
Större valörer, tack.	"Bigger denominations, please."
Mindre valörer, tack.	"Smaller denominations, please."

SAMPLE SENTENCES

<p>Jag hittade en krona i fickan.</p> <p>"I found a krona in my pocket."</p>	<p>Jag har femtio kronor kvar i plånboken.</p> <p>"I've got fifty kronor left in my wallet."</p>
<p>Det är en lång kö vid bankomaten.</p> <p>"There's a long line at the ATM."</p>	<p>Banken stänger klockan sex.</p> <p>"The bank closes at six o'clock."</p>
<p>Finns det ett apotek i närheten?</p> <p>"Is there a drug store near here?"</p>	<p>Ursäkta, var kan jag växla pengar?</p> <p>"Excuse me, where can I exchange money?"</p>
<p>Jag skulle vilja växla det här till större valörer, tack.</p> <p>"I would like to exchange this into bigger denominations, please."</p>	<p>Skulle du kunna växla det här till mindre valörer, tack.</p> <p>"Could you exchange this into smaller denominations, please."</p>

GRAMMAR

As many of you may think, although Sweden is a part of the European Union, our currency is not the Euro. We have the *krona* which literally means "crown." The most common way to say this in plural form, which is *kronor*.

This lesson is about breaking money and getting Swedish *krona* to spend in Sweden. Firstly

we are going to cover how to get to an ATM. For more about ATMs, read Quick Tip # 2 in the Cultural Insight. "Is there [something] near here?" is the phrase construction we are going to use. In Swedish this is *Finns det [something] i närheten?* and for an ATM we just replace [something] with *en bankomat* and we've got our valid sentence. Now, for asking for a "bank," you use the word *en bank*.

If you don't know where you can exchange money you can simply ask *Var kan jag växla pengar?* which means "Where can I exchange money?" Unfortunately this could mean both "break" and "exchange" in Swedish so to be more specific, add *till kronor* which means "to kronor" and people will know you are trying to exchange from one currency to another. When doing this you might want to be in charge of what kind of denominations you get by requesting certain denominations. You can accomplish this with the phrase "smaller denominations, please" and "larger denominations, please." In Swedish these are *Mindre valörer, tack* and *Större valörer, tack* respectively.

Now, we know everything about exchanging money but how about breaking your cash into smaller denominations? Maybe you need coins for a vending machine or such and need to break a note. You can walk into a random store and ask *Kan ni växla det här?* (leaving out the please makes this phrase also a question if they are able and want to break the money. Some stores don't do this and adding *tack* would only sound rude and demanding. Yepp, I know, Swedish is weird.) If you get a "yes" you can ask the same thing with *tack* at the end or if the person you're asking just starts to break your money you can say *tack* with the meaning of "thanks." *Ni* in this sentence, which is the plural of "you," is used when you are talking to a business or such and it's also a little politer than just saying *du* in this case. Otherwise, it would sound like you are making the person working for the business responsible for something. If you ask a random person, you should use *du* though.

CULTURAL INSIGHT

Quick Tip #1

Yes, in Sweden the same word for breaking money and to exchange currency is the same. Asking *Kan du växla det här, tack* in a local store would mean that you want them to break it into smaller amounts, because they don't have foreign currency anyway but if at a bank or at a place where you actually exchange into another currency you might want to be a bit more precise about what you want.

Quick Tip #2

In Sweden, an ATM is called *bankomat* and was at first a co-operation between different banks. Now it's a set phrase and most Swedish ATMs take VISA, Maestro, MasterCard and other known debit or credit cards. The information about which cards you could use is either on the screen or on a sticker at the ATM.

LESSON NOTES

Survival Phrases S1 #43

Buying Phone Cards in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

43

SWEDISH

1. Har ni telefonkort?
2. Ett 50 kronorskort, tack.
3. Ett 120 kronorskort, tack

ENGLISH

1. Do you have telephone cards?
2. A 50 kronor card, please.
3. A 120 kronor card, please.

VOCABULARY

Swedish	English	Class
telefonkort	telephone card, phonecard	
Hundratjugokronorskort	120 kronor card	
Femtiokronorskort	50 kronor card	
ja	yes	adverb
nej	no	adverb
Har ni [sak]?	“Do you have [item]?”	
Ett 50/120kronorskort, tack	“One 50/120 kronor card, please.”	
Nej, tyvärr inte.	“No, unfortunately not.”	

Har ni telefonkort för
telefonautomater?

"Do you have telephone
cards for payphones?"

SAMPLE SENTENCES

**Han glömde att ta med telefonkortet när
vi gick ut.**

"He forgot to bring the phonecard when
we went out."

**Jag letar efter ett
hundratjugokronorskort.**

"I'm looking for a 120 kronor card."

Det finns inga femtiokronorskort kvar.

"There's no 50 kronor cards left."

Ja, jag följer gärna med dig.

"Yes, I'd be happy to go with you."

Nej tack, jag behöver inget.

"No thanks, I don't need anything."

Har ni klockbatterier?

"Do you have watch batteries?"

Jag vill köpa ett 50kronorskort, tack.

"I want to buy one 50 kronor card, please."

Jag måste säga nej, tyvärr inte.

"I have to say no, unfortunately not."

Har ni telefonkort för telefonautomater här?

"Do you have telephone cards for payphones here?"

GRAMMAR

While most people wouldn't or couldn't step outside without their cell phones, when visiting another country, sometimes it's a little too far for your local carrier. In recent years mobile phones or cell phones have gotten more and more popular, but the good old pay phone is still an option when you're traveling in Sweden.

Public phones in Sweden take coins and phone cards but actually most of them doesn't take coins at all so don't rely on that. You can buy 50 kronor or 120 *kronor* telephone cards, and in

this lesson we'll work on asking for them. You can purchase these cards at kiosks and convenience stores.

Today's phrase is very useful in every situation where you might need something. The construction works like this "Do you have [item]? which in Swedish is *Har ni [item]?* As covered before, this *ni* "you" refers to a place of business, or an establishment. You aren't asking if the person serving owns any phonecards, but if the business they are working in has them on sale. In this lesson we just added the word for telephone cards *telefonkort*. Now, some might think you mean a SIM-card to place in your cell phone so to be more specific you can say *Har ni telefonkort för telefonautomater?* which means "Do you have telephone cards for pay phones?"

So, there are two denominations for these telephone cards and the following phrase is used to get the one you want. *Ett [denomination]kronorskort, tack* which means "One [denomination] kronor card, please." We construct the phrase as follows: *Ett femtiokronorskort, tack* and *Ett hundraåttio kronorskort, tack*.

CULTURAL INSIGHT

Quick Tip #1

In Swedish yes is *ja* and no is *nej* and those two words are what you are going to listen carefully for when asking a yes/no-question. While answering no, people might add *tyvärr* at the end, meaning "unfortunately."

Quick Tip #2

My advice to you is to look for a card for your cell phone instead or use an alternative for the computer since the amount of pay phones are decreasing.

LESSON NOTES

Survival Phrases S1 #44

Your Ticket to a Culturally Rich Stay in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

44

SWEDISH

1. En biljett, tack.
2. Två biljetter, tack.

ENGLISH

1. One ticket, please.
2. Two tickets, please.

VOCABULARY

Swedish	English	Class
äpple	apple	noun
äpplen	apples	
En biljett, tack.	"One ticket, please."	
Två biljetter, tack.	"Two tickets, please."	

SAMPLE SENTENCES

Ge mig ett äpple! Give me an apple!	Ett äpple om dagen håller doktorn borta. "An apple a day keeps the doctor away."
Äppelträdet var fullt av mogna äpplen. "The apple tree was full of ripe apples."	Bara en biljett, tack. "Just one ticket, please."

Jag skulle vilja ha två biljetter, tack.

"I'd like to have two tickets, please."

GRAMMAR

Sweden offers a lot to do and see and most of the times you need to get your hands on a ticket to access these sights. Therefore, in this lesson, we want to cover how to buy tickets. Connected to this is how to count things, as you need to clarify how many tickets you want to buy. Check out our previous lessons on numbers in Swedish to get started.

Now, as you are standing at the ticket gate you want to say "[number] ticket(s), please" which in Swedish is *[nummer] biljett(er), tack*. I'm going to cover one to ten tickets.

1. "One ticket, please" – *En biljett, tack*.
2. "Two tickets, please" – *Två biljetter, tack*.
3. "Three tickets, please" – *Tre biljetter, tack*.
4. "Four tickets, please" – *Fyra biljetter, tack*.
5. "Five tickets, please" – *Fem biljetter, tack*.
6. "Six tickets, please" – *Sex biljetter, tack*.
7. "Seven tickets, please" – *Sju biljetter, tack*.
8. "Eight tickets, please" – *Åtta biljetter, tack*.
9. "Nine tickets, please" – *Nio biljetter, tack*.
10. "Ten tickets, please" – *Tio biljetter, tack*.

Now this construction can be used with anything and any number as such: *[number] [item], tack*

One more example could be *Ett äpple, tack*, *Två äpplen, tack* this means "One apple, please" and "Two apples, please."

CULTURAL INSIGHT

Quick Tip

In Stockholm some museums are now free due to an attempt to make museums and culture more popular. If you're lucky you can see most of the culture in Sweden for free. Also, the beautiful nature of Sweden is always free.

LESSON NOTES

Survival Phrases S1 #45

Do you have an English information guide?

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Grammar
- 5 Cultural Insight

45

SWEDISH

1. Finns det en engelsk broschyr?
2. Finns den här på engelska?

ENGLISH

1. Do you have an English information guide?
2. Is this defined in English?

VOCABULARY

Swedish	English	Class
engelska	English	noun
På vilka språk finns den?	"In what languages is it available?"	
Finns den på engelska?	"Is it available in English?"	
Finns det en engelsk broschyr?	"Is there an English information guide/ brochure?"	
broschyr	brochure	noun
reseguide	traveler guide	
norska	Norwegian	
danska	Danish	
finska	Finnish	
tyska	German	

nederländska	Dutch	
holländska	Dutch	
franska	French	noun
Finns den på fler språk?	"Is it available in other languages?"	

SAMPLE SENTENCES

<p>Engelska är det tredje mest talade språket i världen.</p> <p>"English is the third most spoken language in the world."</p>	<p>Jag skulle vilja fråga, på vilka språk finns den?</p> <p>"I'd like to ask, in what languages is it available?"</p>
<p>Ursäkta, finns den på engelska?</p> <p>"Excuse me, is it available in English?"</p>	<p>Finns det en engelsk broschyr om det här museet?</p> <p>"Is there an English information guide about this museum?"</p>
<p>De delar ut broschyrer vid dörren.</p> <p>"They hand out brochures at the door."</p>	<p>Vi läste reseguiden på hotellrummet.</p> <p>"We read the traveler guide at the hotel room."</p>
<p>Den här boken är på norska.</p> <p>"This book is in Norwegian."</p>	<p>Jag hörde någon prata danska.</p> <p>"I heard someone speak Danish."</p>
<p>Min syster kan lite finska.</p> <p>"My sister knows a bit of Finnish."</p>	<p>Jag håller på att lära mig tyska.</p> <p>"I'm learning German."</p>

<p>Jag förstår inte nederländska.</p> <p>"I don't understand Dutch."</p>	<p>Det holländska språket verkar roligt att lära sig.</p> <p>"The Dutch language seems fun to learn."</p>
<p>Jag studerade franska på gymnasiet.</p> <p>"I studied French in high school."</p>	<p>Finns den här lyssningsguiden på fler språk?</p> <p>"Is this listening guide available in other languages?"</p>

GRAMMAR

In this lesson we'll introduce you to a crucial phrase for all of you travelers out there who are interested in learning more about the tourist attractions you're going to visit. Learning about the history and cultural significance of places you visit can be just as rewarding as seeing them.

In this lesson focus, we aren't just going to cover how to get the English version but also the Spanish, French, Dutch, German, Finnish, Danish and Norwegian versions. You will commonly find guides in these languages in Sweden. So firstly, these language in Swedish are:

1. "English" – *engelska*
2. "Spanish" – *spanska*
3. "French" – *franska*
4. "Dutch" – *holländska/nederländska*
5. "German" – *tyska*
6. "Finnish" – *finska*
7. "Danish" – *danska*
8. "Norwegian" – *norska*

Now, as we have the languages I'm going to give you the phrase construction for "Is there a [language] information guide?" In Swedish this is *Finns det en [language] broschyr?* This literally means "Is there a [language] brochure?" So, for instance if we take English, the proper sentence would be *Finns det en engelsk broschyr?* Here we drop the *a* in the language to get the form of an adjective.

An easier way to put this would be to pick up the brochure or information guide you want, point and ask *Finns den på [language]?* which could roughly be translated as "Is this to find in English?" The first part *Finns den på* means "Is this to find in?" To this phrase you just add the language you want.

CULTURAL INSIGHT

Quick Tip #1

If you know more than one language you can instead ask for which languages the documents are to find. You can accomplish this with the phrase *Finns den på fler språk?* or *På vilka språk finns den?* These literally means "Is it to find in more languages?" and "In which languages is it to find?" respectively.

Quick Tip #2

You can also replace the word brochure, *broschyr*, which could be anything, with *reseguide* which means "traveler guide" to be more specific.

LESSON NOTES

Survival Phrases S1 #46

Simple Steps to Eating Unknown Foods Gracefully

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- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

46

SWEDISH

1. Hur äter man det här?
2. Har man någonting till det här?
3. Är det starkt?

ENGLISH

1. How do you eat this?
2. Do you add something to this?
3. Is it hot?

VOCABULARY

Swedish	English	Class
någonting	something	pronoun
Det	it	
Är	am, are, is	noun
Hur äter man det här?	“How do you eat this?”	
Med munnen.	“With your mouth.” (With the mouth.)	
Har man någonting till det här?	“Do you add something to this?”	
Är det starkt?	“Is it hot (spicy)?”	

SAMPLE SENTENCES

<p>Hörde du någonting?</p> <p>"Did you hear something?"</p>	<p>Det är vackert väder idag.</p> <p>"It is beautiful weather today."</p>
<p>Jag är glad att du kom, det är verkligen snällt.</p> <p>"I am glad you could come, it is really nice."</p>	<p>Hur äter man det här, kan du visa mig?</p> <p>"How do you eat this, could you show me?"</p>
<p>Med munnen, såklart.</p> <p>"With your mouth, of course."</p>	<p>Har man någonting speciellt till det här?</p> <p>"Do you add something special to this?"</p>

Jag undrar om den här rätten, är det starkt?

"I'm wondering about this dish, is it hot?"

GRAMMAR

Previously we had a restaurant series but we never covered how to ask how you eat something. Some dishes might have rules or traditions on how to be eaten that you, as a foreigner, have no idea about. Therefore I decided to create a lesson that covers this.

The phrase of this lesson is "How do you eat this?" which in Swedish is *Hur äter man det här?* Hopefully the answer isn't a smart remark such as "With your mouth." Which by the way is *Med munnen*. If you hear this...you're in a for a long night!

We also covered "Do you add something to this?" Commonly you say *Har man någonting till det här?*, which literally means "Does one have anything to this?"

Lastly, we have a phrase you'd want to pay attention to. This phrase is "Is it hot?" This is hot as in spicy. If you don't like spicy food and just want to be prepared for a burning sensation in your mouth, this is the phrase you would want to try out. In Swedish this is *är det starkt?* and literally means "Is it strong?"

CULTURAL INSIGHT

Quick Tip #1

A phrase you can use if you want to try the eating instructions you get is *Så här?* which means "This way?" or "Like this?" This is a nice little phrase you can use in many situations. For instance *Gör man så här?* which literally means "Does one like this?" but you interpret it like "Do you do it like this?"

Quick Tip #2

The word *någonting* which means "something" is pronounced in three different ways in spoken Swedish. *Någonting*, which is the way it is written and then *nånting* and *nått*. So to say the phrase in a more natural way than *Har man någonting till det här?* would be *Har man nånting till det här?* or *Har man nått till det här?* Do make your Swedish sound more fluent, this is the way you want to speak. This is also something that concerns the phrase *Är det starkt?* *Är* which means "is," is often pronounced as *é* rather than *är* and *det* often gets the *t* dropped and pronounced like *dé*. So in spoken Swedish *Är det starkt?* would sound more like *é dé starkt?*

LESSON NOTES

Survival Phrases S1 #47

Survival for Vegetarians in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

47

SWEDISH

1. Jag är vegetarian.
2. Jag äter inte kött.

ENGLISH

1. I'm a vegetarian.
2. I don't eat meat.

VOCABULARY

Swedish	English	Class
fläsk	pork	noun
fläskkött	pork	
Jag är vegetarian.	"I'm a vegetarian."	
Jag äter inte kött.	"I don't eat meat."	
Är det [någoting] i det här?	"Is there [something] in this?"	
Jag tål inte det här/ [någoting]	"I can't stand this [something], I can't eat this [something]."	
Finns det någoting annat?	"Is there anything else?"	
Finns det alternativ?	"Are there any alternatives?"	

SAMPLE SENTENCES

<p>Ikväll serverar vi ärtsoppa med fläsk.</p> <p>"Tonight we serve pea soup with pork."</p>	<p>Griskött kallas fläskkött.</p> <p>"Pig meat is called pork."</p>
<p>Jag är vegetarian sedan fem år.</p> <p>"I've been a vegetarian for five years."</p>	<p>Jag äter inte kött, min religion förbjuder mig.</p> <p>"I don't eat meat, my religion forbids me."</p>
<p>Är det skaldjur i det här?</p> <p>"Is there seafood in this?"</p>	<p>Jag tål inte det här, jag tål inte fisk.</p> <p>"I can't eat this, I can't eat fish."</p>
<p>Finns det någonting annat på menyn?</p> <p>"Is there anything else on the menu?"</p>	<p>Finns det alternativ till det här?</p> <p>"Are there any alternatives to this?"</p>

GRAMMAR

Welcome to another lesson about food and dining in Sweden! This lesson is particularly for those of you who don't eat meat but I promise there will be some useful stuff for everyone. So, firstly, let's say we want to make it clear that we don't eat meat. To accomplish this we just simply say *Jag är vegetarian* which literally means "I am vegetarian." If the case is that you aren't a vegetarian but don't eat meat you can say *Jag äter inte kött!* which simply means "I don't eat meat!"

This is particularly useful if there is anything else you don't eat. Just replace *kött*. For instance your religion might forbid eating pork. Then you can say *Jag äter inte fläskkött* or *Jag äter inte fläsk* which means, yes, that you don't eat pork.

To avoid uncomfortable situations and to do yourself a favor, learn this phrase! If you don't, the situation could be very serious. For instance if you are allergic and need medical attention if you eat something you can't or if you eat something that could be emotionally disturbing due to religious reasons. This could be used at a restaurant when asking what they recommend, you could say *Jag är vegetarian* to hear what options you've got. Whenever you are going to eat, these phrases could be used. Remember to announce it as soon as possible.

CULTURAL INSIGHT

Quick Tip #1

A crucial phrase that you can use is *is är det [item] i det här?* which means "Is [item] in this?" When you get the answer *ja*, "yes," then you can say *Jag äter inte [item]* or *Jag tål inte [item]* or *Jag tål inte det här*, the latter if you are allergic.

Quick Tip #2

So you've told them you don't eat something and want something else. You can simply ask them *Finns det någonting annat?* or *Finns det alternativ?* which respectively mean "Is there anything else?" and "Are there any options?"

LESSON NOTES

Survival Phrases S1 #48

Swedish for Getting Help in Sweden

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

48

SWEDISH

1. Hjälp.
2. Polis.

ENGLISH

1. Help.
2. Police.

VOCABULARY

Swedish	English	Class
Hjälp!	Help!	expression
Kan du hjälpa mig?	"Could you help me?"	
Ring polis.	"Call the police."	

SAMPLE SENTENCES

Hjälp mig, jag behöver hjälp! "Help me, I need help!"	Kan du hjälpa mig med det här? "Could you help me with this?"
Ring polis, fort! "Call the police, quick!"	

GRAMMAR

In this lesson, we'll introduce you to some survival phrases that you hopefully won't have to use. When traveling to Sweden while the threat of physical violence is not prevalent, one should always be careful.

The main phrase is *Hjälp!* which means "Help!"; use this at anytime you need immediate help. This is for emergencies only. If the situation isn't that serious you can use *Kan du hjälpa mig?* or *Skulle du kunna hjälpa mig?* which mean "Could you help me?" and "Would you help me?" respectively.

This number 112 is the emergency number which will get suitable force to the scene. The first thing they'll say is *SOS Alarm, vad har inträffat?* which means "SOS alarm, what has happened." Just start telling them in detail what happened and they will get police, fire brigade and/or the ambulance to you. This is only for emergencies and not for leaving a police report. In Sweden, calling for the police wouldn't help much since we don't have many patrolling officers but calling for help will get the attention of people around you and hopefully they could get the police to you. Calling for the police will also most certainly get the attention of others willing to help you.

CULTURAL INSIGHT

Quick Tip #1

When needing assistance you can also call out *polis* or *ambulans* which mean "police" and "ambulance" respectively. It's also common to say *ring polis* and *ring en ambulans* which literally mean "call police" and "call an ambulance."

Quick Tip #2

Another way of using the word for help is in one of the Swedish ways of saying "Come and give me a hand." In Swedish this is *Kom och hjälp till.*

LESSON NOTES

Survival Phrases S1 #49

Using Swedish to Get Medical Help

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

49

SWEDISH

1. Jag behöver en doktor.
2. Ta mig till sjukhuset.
3. Ring en ambulans.

ENGLISH

1. I need a doctor.
2. Take me to a hospital.
3. Call an ambulance.

VOCABULARY

Swedish	English	Class
polis	police	
ambulans	ambulance	
ring	call	noun
Jag behöver en läkare/en doktor.	"I need a doctor."	
Jag behöver hitta ett apotek.	"I need to find a pharmacy."	
Ta mig till sjukhuset.	"Take me to a hospital."	
Ta mig till apoteket.	"Take me to a pharmacy."	
Vad har inträffat?	"What has happened?"	

SAMPLE SENTENCES

<p>Polisen letar fortfarande efter honom.</p> <p>"The police are still looking for him."</p>	<p>Det har inträffat en olycka, ring en ambulans!</p> <p>"There's been an accident, call an ambulance!"</p>
<p>Du måste ringa ambassaden.</p> <p>"You need to call the embassy."</p>	<p>Jag har skadat mig så jag behöver en doktor.</p> <p>"I've injured myself so I need a doctor."</p>
<p>Jag behöver hitta ett apotek för att köpa medicin.</p> <p>"I need to find a pharmacy to buy medicine."</p>	<p>Ta mig till sjukhuset så fort det går.</p> <p>"Take me to a hospital as fast as possible."</p>
<p>Kan du ta mig till apoteket?</p> <p>"Could you take me to a pharmacy?"</p>	<p>Kan du berätta vad som har inträffat?</p> <p>"Can you tell me what has happened?"</p>

GRAMMAR

Believe me, this is one of the most important lessons you'll ever have in Swedish. Not long ago I was in Germany and had a car accident with my girlfriend. This was the first time for me ending up in an ambulance and at the emergency and all this in a foreign country! Luckily I could understand the German spoken, and I was able to recover.

The first phrase in this lesson is "I need a doctor" which in Swedish is *Jag behöver en doktor* or *Jag behöver en läkare*. *Doktor* is not necessarily a medical doctor but in daily conversation it is implied. This phrase could be used with anything you need. The construction is *Jag behöver [item]* which means "I need [item]." We also had "I need a pharmacy" which I changed a little to "I need to find a pharmacy." So you take the previous phrase and add *...hitta en apotek* which is "find a pharmacy" and you've got yourself a valid sentence.

The second phrase we had was "Take me to [location]" which is *Ta mig till [location]*. In the lesson we had *Ta mig till sjukhuset* and *Ta mig till apoteket* which is Swedish for "Take me to

the hospital" and "Take me to the pharmacy" respectively.

CULTURAL INSIGHT

Quick Tip #1

This number 112 is the emergency number that will get suitable service to the scene. The first thing they'll say is *SOS Alarm, vad har inträffat?* which means "SOS Alarm, what has happened?" Just start telling them in detail what has happened and they will get police, the fire brigade and/or the ambulance to you. This is for emergencies only! To get medical care in Sweden is free for Swedes and countries within the European Union and certain co-operative countries such as Quebec in Canada and Australia. What is paid for is the stay, to keep junkies out of the hospital, and the medication.

Quick Tip #2

When needing assistance you can also call out *polis* or *ambulans* which mean "police" and "ambulance!" respectively. It's also common to say *Ring polis* and *Ring en ambulans* which literally mean "Call police" and "Call an ambulance." DON'T FORGET that the number is 112, one one two. If you're stressed, you can just speak English and the operator will understand you. Emergency operators all speak English and the English education in Sweden is excellent so most of us understand it.

LESSON NOTES

Survival Phrases S1 #50

Explaining Symptoms in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Grammar
- 4 Cultural Insight

50

SWEDISH

1. Jag har...

2. Jag är...

ENGLISH

1. I have...

2. I am...

VOCABULARY

Swedish	English	Class
magont	stomachache	noun
huvudvärk	headache	noun
armen	the arm	
halsont	sore throat	phrase
diarré	diarrhea	noun
feber	fever	noun
halsbränna	heartburn	
förkyld	to have a cold	
täppt i näsan	stuffed nose	
benet	the leg	
huvudet	the head	
Jag har ont.	"I have an ache."	

det gör ont	"It hurts."
Var då?	"Where then?"
Jag är...	"I am..."

SAMPLE SENTENCES

<p>Jag har haft magont sen igår.</p> <p>"I've had a stomachache since yesterday."</p>	<p>Jag får huvudvärk när jag inte dricker kaffe.</p> <p>I get headaches when I don't drink coffee.</p>
<p>Huvudvärk kan komma plötsligt.</p> <p>"A headache can come suddenly."</p>	<p>Vi gick arm i arm på gatan.</p> <p>"We walked arm in arm on the street."</p>
<p>Jag har halsont.</p> <p>"I have a sore throat."</p>	<p>Han var hemma från skolan med diarré.</p> <p>"He was home from school with diarrhea."</p>
<p>Hon ligger till sängs med feber.</p> <p>"She's in bed with fever."</p>	<p>Har ni något mot halsbränna?</p> <p>"Do you have something for heartburn?"</p>
<p>Hon blev förkyld när hon var ute i snön.</p> <p>"She caught a cold when she was out in the snow."</p>	<p>Jag är täppt i näsan.</p> <p>"I've got a stuffed nose."</p>
<p>Han ramlade och skrapade upp benet.</p> <p>"He fell and grazed his leg."</p>	<p>Tappa inte huvudet.</p> <p>"Don't lose your head."</p>
<p>Jag har ont här.</p> <p>"I have an ache here."</p>	<p>Det gör ont om jag böjer armen.</p> <p>"It hurts if I bend the arm."</p>

Var då, exakt? "Where then, exactly?"	Jag är Alexandra. "I am Alexandra."
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GRAMMAR

In our previous lesson we went through some crucial phrases for getting immediate medical assistance. In this second episode we are going to cover some less urgent, but not less important phrases. This lesson is about symptoms.

Symptoms are very straightforward. You construct those with *Jag är...*, "I am," and *Jag har...*, "I have..." Next comes the illness or symptom. Here is a short list and if you construct them with the verb "to be," *att vara*, or "to have," *att ha*.

huvudvärk – "headache" – *Jag har huvudvärk.*

feber – "fever" – *Jag har feber.*

ont i magen/magont/magknip – "stomachache" – *Jag har magont.*

halsbränna – "heartburn" – *Jag har halsbränna.*

huvudvärk – "headache" – *Jag har huvudvärk.*

halsont – "sore throat" – *Jag har halsont.*

diarré – "diarrhea" – *Jag har diarré.*

täppt i näsan – "stuffed nose" – *Jag är täppt (i näsan).*

förkyld – "to have a cold" – *Jag är förkyld.*

CULTURAL INSIGHT

Quick Tip #1

In Sweden the system for measuring temperatures is Celsius. If you only have a Swedish

thermometer, about 38 degrees or more means you've got a fever and 41 degrees it is mortal and deadly serious. This lesson's phrases are very useful at a pharmacy if there are no drugs that you recognize. Describe your symptoms to the clerk and he or she will be able to help you get the right medication.

Quick Tip #2

A nice construction to use is *Jag har ont i* and then you add what hurts. It could be *armen*, "the arm," *benet*, "the leg" or *huvudet* "the head." Everything fits with this construction. You can also say *Det gör ont*, "it hurts" or *Jag har ont*, literally "I have ache," and then you will get the question *Var då?* which means "Where then?"

LESSON NOTES

Survival Phrases S1 #51

Swedish Medicine

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

51

SWEDISH

1. Medicin mot förkylning, tack.
2. Medicin mot influensa, tack.

ENGLISH

1. Cold medicine, please.
2. Flu medicine, please.

VOCABULARY

Swedish	English	Class
huvudvärk	headache	noun
medicin mot [symptom]	medicine against (symptom)	
mensvärk	menstrual pain	
smärta, värk	pain	
feber	fever	noun
åksjuka	motion sickness	

SAMPLE SENTENCES

<p>Jag får huvudvärk när jag inte dricker kaffe.</p> <p>I get headaches when I don't drink coffee.</p>	<p>Huvudvärk kan komma plötsligt.</p> <p>"A headache can come suddenly."</p>
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<p>Medicin mot åksjuka, tack.</p> <p>"Medicine against motion sickness, please."</p>	<p>Hon fick mensvärk precis när hon skulle gå ut.</p> <p>"She got menstrual pain just as she was going out."</p>
<p>Jag har en pulserande värk i axeln.</p> <p>"I have a throbbing pain in the shoulder."</p>	<p>Hon ligger till sängs med feber.</p> <p>"She's in bed with fever."</p>
<p>Han fick åksjuka på färjan.</p> <p>"He got motion sickness on the ferry."</p>	

GRAMMAR

The construction I want to teach you is very good for getting medicine for something. The phrase is *Medicin mot [symptom], tack* which means "Medication against [symptom], please." With this construction you can get medicine for absolutely anything!

So, some examples for this could be *Medicin mot huvudvärk*, which is literally "Medication against headache" or *Medicin mot mensvärk* which is literally "medication against menstrual pain."

Check out our previous lesson to get some info about different aches that you might have. This is a very easy way to ask for medicine if you don't know any particular brands that are used in Sweden. Just say *Medicin mot* followed by the illness, or what you are feeling. For instance "headache" which is *huvudvärk* and then add *tack* at the end to soften the request. All together we have *Medicin mot huvudvärk, tack*.

CULTURAL INSIGHT

Quick Tip #1

I promised that I would give you some examples on common Swedish medication brands. Here is a short list.

Ipren – relief from headache, joint pain, muscle ache, menstrual pain and fever caused by cold.

Postafen – for motion sickness

Magnecyl – for temporary pain and fever

Alvedon – pain and fever relief

Clarityn – for allergies

Panodil and panodil zapp – for milder pain.

Quick Tip #2

Here is what is usually on medication packages in Swedish: "Against pain and fever" – *Mot värk och feber*. Usually it also says *Mot lindrig värk och feber*, which means it's against minor pain and fever.

LESSON NOTES

Survival Phrases S1 #52

Learn to Say Your Allergies in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

52

SWEDISH

1. Jag är allergisk mot jordnötter.
2. Jag får en allergisk reaktion!

ENGLISH

1. I am allergic to peanuts.
2. I'm getting an allergic reaction!

VOCABULARY

Swedish	English	Class
Jag är allergisk.	I am allergic.	
Jag är allergisk mot [någoting].	I am allergic to [something].	
jordnötter	peanuts	
räkor	shrimp	
mjölk	milk	noun
laktosintolerant	lactose intolerant	
Ägg	eggs	

SAMPLE SENTENCES

Jag kan inte äta det, jag är allergisk. "I can't eat it, I am allergic."	Jag är allergisk mot jordnötter. "I am allergic to peanuts."
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<p>Jordnötter är ett bra tilltugg.</p> <p>"Peanuts are a great snack."</p>	<p>Är det räkor i soppan?</p> <p>"Are there shrimps in the soup?"</p>
<p>Mjök är nyttigt för det innehåller kalcium.</p> <p>"Milk is good for it contains calcium."</p>	<p>Vill du ha mjök i ditt kaffe?</p> <p>"Do you want milk in your coffee?"</p>
<p>Jag dricker ett glas mjök innan jag går och lägger mig.</p> <p>"I drink a glass of milk before I go to bed."</p>	<p>Min bror är laktosintolerant.</p> <p>"My brother is lactose intolerant."</p>
<p>Vi behöver ägg för att göra pannkakor.</p> <p>"We need eggs to do pancakes."</p>	

GRAMMAR

I, myself, am mildly allergic to lots of fruits and berries but not to such an extreme degree that I'd ever need medical attention. Some of you might and therefore is this lesson is extra important for you.

The first phrase there is to cover is "I am allergic to [something]" and is easy to use since you can use it for everything you are allergic to. If you are allergic to more than one thing you can list them after each other. Don't forget to add *och* before the last one, meaning "and" or else it sounds like an unfinished sentence. All this in Swedish is *Jag är allergisk mot [something]*.

The next phrase is crucial if you are having an allergic reaction. If you know that it is very serious, you should check out our previous lessons about medical attention to learn how to ask for a doctor or an ambulance. "I am having an allergic reaction" is *Jag får en allergisk reaktion* in Swedish.

These phrases are a must while going to a restaurant or to a party where there is food. If you aren't aware what's in what you are eating, your trip to Sweden could be something you don't want to remember. To avoid that, always ask what's in the food and say that you are allergic to certain things. I myself am allergic to numerous things but only a little so I never need medical

attention. In Sweden, companies must write a content list on their products so that allergic people would know whether it's good to eat or not.

CULTURAL INSIGHT

Quick Tip #1

In Sweden you can buy different medications for temporary allergy relief. I use something called *Clarityn* and you can get that at *apoteket*, "the pharmacy." There are also other good medications for this purpose.

Quick Tip #2

Here follows a short list of common things that people are allergic to:

1. *pollen* – pollen
2. *stenfrukt* – drupe (for example, cherries)
3. *kärnfrukt* – pome (for example, apples)
4. *pälsdjur* – animals with fur
5. *laktos* – lactose
6. *skaldjur* – shellfish
7. *sötningsmedel* – sugar substitute

LESSON NOTES

Survival Phrases S1 #53

Asking the Time in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

53

SWEDISH

1. Vad är klockan?
2. Halv tio.
3. Kvart i tio.

ENGLISH

1. What time is it?
2. Thirty minutes to ten.
3. A quarter to ten.

VOCABULARY

Swedish	English	Class
Vad är klockan?	What is the time?	
halv	half (30 minutes to)	phrase
kvart	quarter	
i	to	
Över	past	
förmiddag	before noon	noun
eftermiddag	afternoon	noun

SAMPLE SENTENCES

Vad är klockan nu? "What is the time now?"	Halv fem. "Half to five."
Kvart över tre. "Quarter past three."	Tjugo i åtta. "Twenty to eight."
Tio över sju. "Ten past seven."	Jag har lite tid på förmiddagen. "I've got some spare time before noon."

Vi har hela eftermiddagen på oss att göra arbetet.

"We've got the whole afternoon to do the work."

GRAMMAR

In Swedish, when asking for the time, you use the phrase *Vad är klockan?* which means "What time is it?" Literally this means "What is the clock?" You can also say *Hur mycket är klockan?* meaning "How much is the clock?" which is referring to how late it is.

In Sweden we mostly use the 24-hour clock which starts from 00 and ends with 24. 00:00 and 24:00 are both 12 A.M. depending on which 24-hour cycle you refer to. What people that aren't used to this might have problems with is when you get past noon. 1 P.M. is 13:00 and so on to 24:00 which is 12 A.M. In spoken Swedish, we use the 12-hour clock.

When we announce the time we first say the number of the minutes followed by *i* or *över* which in this case mean "to" or "past." And lastly we say the number. So "five minutes to ten" would be *fem i tio* or *fem minuter i tio*. *Fem* means "five," *minuter* means "minutes," *i* means "to" and *tio* means "ten." Often the word for "minutes" gets dropped.

In Swedish expressing that you've got 30 minutes before the next hour is made with the word for half which in Swedish is *halv*. We use "half" to refer to "half before" the hour. So we refer to the hour which the thirty minutes *precede*. Let's take ten as an example. 30 minutes to ten is *Halv tio*. Where *halv* means half and *tio* means ten. So you're saying "Half before ten," or 9:30.

"Quarter" in Swedish is *kvart* and is used as in English to express "a quarter to." Let's try with

"a quarter to ten." In Swedish "a quarter to ten" is *kvart i tio*.

CULTURAL INSIGHT

Quick Tip #1

To clarify what time of day you are referring to, you might want to know the words for "afternoon" and "before noon." In Swedish, these are *eftermiddag* which is "afternoon" and *förmiddag* which is "before noon." A funny thing is that *middag* means "noon" but is today used as a word for "dinner." This is because lunch (that in Swedish before was *middag*) always was postponed a little bit more and more until it was delayed so much that it became the dinner. Today we have the word *lunch* for lunch.

Quick Tip #2

In Sweden we have a number that goes to a certain "miss clock" which is a recorded message that tells the time and runs 24/7. This message tells you the exact Swedish time and frankly the voice is a little creepy. Well, before it was even more creepy since it was an old lady speaking but since 2000 they've replaced the voice with a slightly younger woman. She is a familiar voice in the Swedish telephone system. The number is 90 510 (+46 33 90510 from outside Sweden). "Miss clock" is connected to an atomic clock provided by the SP technical research institute of Sweden and is therefore always correct.

LESSON NOTES

Survival Phrases S1 #54

What Time Does it Close/Open?

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 2 Grammar
- 3 Cultural Insight

54

SWEDISH

1. När öppnar det?
2. När stänger det?

ENGLISH

1. What time does it open?
2. What time does it close?

VOCABULARY

Swedish	English
När öppnar det?	What time does it open?
När stänger det?	What time does it close?
lunchstängt	lunch break

SAMPLE SENTENCES

Ursäkta, när öppnar det? "Excuse me, what time does it open?"	När stänger det på söndagar? "What time does it close on Sundays?"
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De har lunchstängt, så vi får komma tillbaka senare.

"They're on lunch break, so we'll have to come back later."

GRAMMAR

In this lesson we'll introduce you to a phrase that you'll need on several occasions! We all know you want to see the sights in Sweden and this phrase is essential to plan your days. I know how it feels to be excited over something that you want to see or visit and when you approach that place you realize it isn't open! Therefore, I've decided to help you plan your trip to Sweden by being able to ask when something opens and closes.

Firstly we have the sentence *När öppnar det?* which means "When does it open?" This construction is very useful and looks like this "When [verb] [subject]?" and you can use this at any time when you wonder when something happens. For instance, you can use this for asking when something closes like this *När stänger det?* or you can ask when something happens with *När händer det?* You can also ask "When are you leaving?" with the same construction. This is *När går du?* in Swedish. As you can see, this phrase is very versatile and isn't limited to opening and closing times.

Most stores have a sign where the times are printed. Many, many stores in Sweden are closed on Sundays and have shorter opening hours on Saturdays, or normal hours on Saturdays and shorter opening hours on Sundays. Some also are closed around noon which is lunch time. Also certain days around holidays they're closed. This doesn't include the huge supermarkets which almost stay open all the time. They usually have a sign that says *Öppet alla dagar* which means "Open every day." literally "Open all days."

CULTURAL INSIGHT

Quick Tip #1

Some common opening times for essential stores like supermarkets are every day from around 9:00 to 21:00 (9:00 P.M.) and for the pharmacies are Monday to Friday from 10:00 to 18:00 (6:00 P.M.).

Quick Tip #2

Staff may close a store (usually ones that don't have many customers) to take a lunch break *lunchstängt*. A common time for this is around 11-14 (2:00 P.M.).

LESSON NOTES

Survival Phrases S1 #55

I Like It/I Don't Like It in Swedish

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

55

SWEDISH

1. Jag gillar det.
2. Jag gillar det verkligen.
3. Jag gillar det inte.

ENGLISH

1. I like it.
2. I really like it.
3. I don't like it.

VOCABULARY

Swedish	English
Jag gillar det.	I like it.
Jag gillar det verkligen.	I really like it, I truly, honestly like it.
Jag gillar det jättemycket.	I like it giantly much.
Fan vad jag gillar det.	I like it "a hell of a lot".
Jag gillar det inte alls.	I don't like it at all.
Jag gillar maten.	I like the food.
Jag gillar dig.	I like you.

SAMPLE SENTENCES

<p>Jag gillar det, men vad tycker du?</p> <p>"I like it, but what do you think?"</p>	<p>Jag gillar verkligen den här maten.</p> <p>"I really like this food."</p>
<p>Jag gillar det jättemycket, jag skulle kunna äta det här varje dag.</p> <p>"I like it giantly much, I could eat this every day."</p>	<p>Fan vad jag gillar det, det är galet.</p> <p>"I like it a hell of a lot, it's crazy."</p>
<p>Jag gillar det inte alls, vi går någon annan stans.</p> <p>"I don't like it at all, we'll go somewhere else."</p>	<p>Jag gillar maten, får jag ta mer?</p> <p>"I like the food, can I have more?"</p>
<p>Jag gillar dig, du är verkligen kul.</p> <p>"I like you, you're really fun."</p>	

GRAMMAR

As you come to Sweden you'll notice that we have a minor food culture but what we do have is delicious, and you'll eat until you explode. So if you want more this following phrase will be your new buddy.

In Swedish "I like it" is *Jag gillar det* and can be colored with a handful of expressive words. Some examples are *Jag gillar det verkligen* which means "I really like it," *Jag gillar det jättemycket* which literally means "I like it giantly much" and the last one I'm going to cover is common but contains a swear word *Fan, vad jag gillar det* and it's common to hear among young people or grown-ups but not commonly said by old people.

Lastly we're going to cover how to turn this sentence into a negative one. We can accomplish this by adding the Swedish equivalent for "not" at the end. Thus it becomes *Jag gillar det inte*. And if you don't like it AT ALL we add *alls* after that. Our sentence now looks like *Jag gillar det inte alls* which means "I don't like it at all."

CULTURAL INSIGHT

Quick Tip

This phrase is useful not only when talking about food, but when talking about anything you like or dislike! The construction is *Jag + gillar + noun or pronoun*. You could say *Jag gillar det här* which is "I like this," *Jag gillar maten* which is "I like the food" or if you meet a nice person in Sweden you could say *Jag gillar dig* which means "I like you." Now you've got the tools for your first Swedish flirting experience!

LESSON NOTES

Survival Phrases S1 #56

High Frequency Swedish Adjectives

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 4 Cultural Insight

56

SWEDISH

1. Det är utsökt.
2. Det är inte utsökt.

ENGLISH

1. It is delicious.
2. It's not delicious.

VOCABULARY

Swedish	English	Class
Det är [någoting].	It is (something).	
utsökt	delicious	adjective
jättegott	delicious, very good (taste)	
varmt/hett	hot	
kallt	cold	adjective
nära	near	adjective
söt	cute	adjective
vacker	pretty/beautiful	adjective
långt	far	adjective

SAMPLE SENTENCES

<p>Det är kyligt.</p> <p>"It is chilly."</p>	<p>Kvinnan njuter av en utsökt pizza.</p> <p>"The woman is enjoying delicious pizza."</p>
<p>Den här soppan är utsökt.</p> <p>"This soup is delicious."</p>	<p>Det här är jättegott, kanske det godaste jag ätit.</p> <p>"This is very good, maybe the most delicious I've eaten."</p>
<p>Det är för varmt med den här tröjan på.</p> <p>"It's too hot with this sweater on."</p>	<p>Det blir väldigt kallt på vintern.</p> <p>"It gets really cold in the winter."</p>
<p>Hon vägrar att ens gå nära hans hus.</p> <p>"She refuses to go anywhere near his house."</p>	<p>Hon är mycket söt.</p> <p>"She is very cute."</p>
<p>Vilken söt kattunge!</p> <p>"What a cute kitten!"</p>	<p>Du är väldigt vacker.</p> <p>"You are very pretty."</p>
<p>Vårt hus ligger långt bort från stationen.</p> <p>"Our house is far away from the station."</p>	

GRAMMAR

The most common and easy way of describe something in a language is to use adjectives and therefore this lesson is all about frequently used adjectives that you might feel that you need to use when having a conversation in Swedish.

Firstly we have an adjective to express that you think something is delicious. Yes, once again I refer to food. One has got to eat. In Swedish "It is delicious" is *Det är utsökt*. Next we have physical feeling like heat and coolness. In Swedish "It is hot" is *Det är varmt* or *Det är hett*. The latter is when something is boiling hot and the first one means more average when something is hot. To express the opposite you say *Det är kallt* which means "It is cold." As you can see

we have a great construction here, meaning "It is [something]," *Det är [something]*.

Next we have distances. In Swedish "It is far" and "It is near" are *Det är långt* and *Det är nära* respectively. To say "far away" you add *bort to långt*.

And now for the adjectives for flirting! "Cute" in Swedish is *söt*. Next we have "pretty" and "beautiful" which are both *vacker* in Swedish. *Du är vacker* means "You are pretty." This could be used about both people and, for instance, places. In the case of a place, you go back to the construction with *Det är vackert*. If we are talking about a person we say *Du är vacker*. Notice that the adjective is inflected differently.

CULTURAL INSIGHT

Quick Tip

Utsökt is a kind of out dated expression but still means delicious. But more and more we use *gott* which means "good" to talk about taste and to express different degrees of deliciousness we add numerous words to enhance the meaning. For instance *Det är gott* means "It's good" when talking about food or something else you are eating or drinking. Then we can add the word *jätte* to *gott* to make it even more good. *Jätte* literally means "giant." So then we have *Det är jättegott* which literally means "It's giant good" but as we must interpret as "It's very delicious"

LESSON NOTES

Survival Phrases S1 #57

Avoid Getting Caught in the Rain with Swedish Weather Vocabulary

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 4 Grammar
- 5 Cultural Insight

57

SWEDISH

1. Vad blir det för väder imorgon?
2. Det kommer att regna.
3. Det kommer att bli soligt.

ENGLISH

1. What will the weather be tomorrow?
2. It will rain.
3. It will be sunny.

VOCABULARY

Swedish	English	Class
Det kommer att regna.	It will rain.	
Vad blir det för väder imorgon?	What will the weather be tomorrow?	
i dag	today	adverb
Det kommer att bli/blir regn.	It will be/becomes rain.	
Det kommer att snöa.	It will snow.	
Det kommer att bli/blir snö.	It will be/becomes snow.	
Det kommer att bli/blir soligt.	It will be/becomes sunny.	
Det kommer att bli/blir sol.	It will be/becomes sun.	

imorgon	tomorrow	noun
när jag kommer	when I come	
Vad blir det för väder när jag kommer?	What will the weather be when I come?	
mat	food	
frukost	breakfast	
lunch	lunch	noun
middag	dinner	noun
Det kommer att bli molnigt.	It will be cloudy.	
Det kommer att bli mulet.	It will be overcast.	
nästa vecka	next week	

SAMPLE SENTENCES

<p>Det kommer att regna imorgon.</p> <p>"It will rain tomorrow."</p>	<p>Vad blir det för väder imorgon kväll?</p> <p>"What will the weather be tomorrow evening?"</p>
<p>Jag ska träffa Camilla idag.</p> <p>"I'll meet Camilla today."</p>	<p>Idag ska jag åka hem.</p> <p>"Today I'm going home."</p>
<p>Det kommer att bli regn, så ta med ett paraply.</p> <p>"It will be rain, so take an umbrella with you."</p>	<p>Det kommer att snöa nästa vecka.</p> <p>"It will snow next week."</p>

<p>Det kommer att bli snö lagom till jul.</p> <p>"It will be snow just in time for Christmas."</p>	<p>Det kommer att bli soligt i de norra delarna.</p> <p>"It will be sunny in the northern parts."</p>
<p>Det blir sol i eftermiddag.</p> <p>"It will be sunny this afternoon."</p>	<p>Vad händer imorgon?</p> <p>"What's happening tomorrow?"</p>
<p>När jag kommer hem måste jag göra läxan.</p> <p>"When I come home I need to do my homework."</p>	<p>Vad blir det för väder när jag kommer nästa vecka?</p> <p>"What will the weather be when I come next week?"</p>
<p>Jag måste gå till affären och köpa mat.</p> <p>"I have to go to the store and buy some food."</p>	<p>Jag ska börja laga mat nu.</p> <p>"I will start preparing food now."</p>
<p>Jag äter frukost varje dag.</p> <p>"I eat breakfast everyday."</p>	<p>Ska vi äta lunch tillsammans?</p> <p>Shall we have lunch together?</p>
<p>Lunch serveras klockan ett.</p> <p>"Lunch is served at one o'clock."</p>	<p>Det blir kyckling till middag.</p> <p>"We'll have chicken for dinner."</p>
<p>Det kommer att bli molningt, men inte så kallt.</p> <p>"It will be cloudy, but not very cold."</p>	<p>Det kommer att bli mulet hela dagen.</p> <p>"It will be overcast the whole day."</p>
<p>Jag har två prov nästa vecka.</p> <p>"I've got two tests next week."</p>	

GRAMMAR

Whether or not the weather will cooperate with your plans is an important question! In this lesson, we'll cover a phrase that will help you finalize your plans if they depend on the weather. A typical Swedish summer usually consists of rain, rain, and rain but don't be afraid! In the beginning and the end of the summer it gets really hot (by Swedish standards) and the sky is clear.

To help you plan your daily trips in Sweden you might want to get to know what the weather will be like. The construction we will use is *Vad blir det för [something] [time]?* which can be used in several situations. I'm going to give you an example with the weather. *Vad blir det för väder imorgon?* means "What will the weather be like tomorrow?" At the end we've got the time and instead of [something] we put the thing we are asking about.

I said that you can use this in other situations and it's quite true. We use this when asking for food (I know, food again). Asking *Vad blir det för mat/till frukost/till lunch/till middag idag?* will get you the answer on what kind of food you will be eating. You can use this at your hotel, if there is a cafeteria that serves breakfast, lunch or dinner. So, the answer you will get is *Det kommer att bli...* or *Det blir...* which means "It is going to be..." or "It becomes...." For instance "It is going to rain" is *Det kommer att regna*. You can also say "It becomes rain" which is *Det blir regn*. For more weather phenomena, check out the vocabulary.

CULTURAL INSIGHT

Quick Tip #1

Of course you can change the time of your question. For instance, you can replace the word *imorgon* with *idag* to ask "What will the weather be today?" Why not try out "next week" which in Swedish is *nästa vecka* or something a little more advanced as *när jag kommer*. This means "When I come" and can be used while talking to a Swedish friend that you are going to visit soon.

Quick Tip #2

We've covered sun and rain but everything isn't black and white. I will therefore give you something in between. In Swedish "overcast" is *mulet* and "cloudy" is *molnigt*.

LESSON NOTES

Survival Phrases S1 #58

Essential Swedish for Renting a Car

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

58

SWEDISH

1. Jag vill hyra en bil.
2. När ska den lämnas tillbaka?
3. Kan jag lämna den vid ... ?

ENGLISH

1. I would like to rent a car.
2. When must I return it?
3. Can I return it at ... ?

VOCABULARY

Swedish	English
Jag vill hyra en bil.	I want to rent a car.
När ska den lämnas tillbaka?	When must I return it?
Kan jag lämna den vid [plats]?	Can I return it at [location]?

SAMPLE SENTENCES

Jag vill hyra en bil, tack. "I want to rent a car, please."	Ursäkta, när ska den lämnas tillbaka? "Excuse me, when must I return it?"
---	---

Kan jag lämna den vid Skansen?

"Can I return it at Skansen?"

GRAMMAR

In this lesson we'll introduce you to a phrase that will help you get to the places you need to be! In some places trains and subways are the way to travel, but it's also very useful to know how to rent a car, scooter, or bicycle. In Swedish "I want to rent a car is" is *Jag vill hyra en bil*. The construction is such *Jag vill hyra [something]*. You can use this for anything that you can rent such as *lägenhet* ("apartment"), *rum* ("room"), *bil* ("car"), *cykel* ("bicycle"), *film* ("movie") etc. As you see, only the last part changes: the thing you want to rent.

In Sweden you are able to rent cars in several locations: bigger gas stations, car firms, and special companies that let you rent a car. There are also tons of websites for this.

Something you rent must be returned at some point, and to avoid any fees for delay you should really study this phrase. In Swedish "When should it be returned" is *När ska den lämnas tillbaka?* Next we have *Kan jag lämna den vid [location]?* which means "Can I return it at [location]?" and is a really nice phrase if you are for instance renting a bicycle and they've got lots of returning spots.

As for bicycles, you can rent them at some camping sites, which is a brilliant way to go and see the town. Some of the cities in Sweden have arranged places to rent bicycles. Several co-operative places make our last phrase very useful if you want to return the bicycle to another place.

CULTURAL INSIGHT

Quick Tip

I really recommend renting a bicycle for the purpose of traveling around Sweden and to enjoy nature. We should be careful and not use our cars. It is really relaxing and good for your body too to do this.

LESSON NOTES

Survival Phrases S1 #59

Visiting Swedish Friends

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 2 Sample Sentences
- 3 Grammar
- 3 Cultural Insight

59

SWEDISH

1. Får jag komma in?
2. Kom in.
3. Det här är bara nåt litet.

ENGLISH

1. May I come in?
2. Please come in.
3. This is just a small gift.

VOCABULARY

Swedish	English
Får jag komma in?	May I come in?
kom in	come in
Får man stiga på?	May I (one) come in?
Det är bara någonting litet.	It's just a small something.

SAMPLE SENTENCES

Hej, får jag komma in? "Hello, may I come in?"	Välkommen, kom in! "Welcome, come in!"
--	--

Goddag, får man stiga på?

"Good day, may I (one) come in?"

Det är bara någonting litet, inget speciellt.

"It's just a small something."

GRAMMAR

As you meet people along the way you might make some friends and this might include getting invitations to their homes. So in this lesson we are going to cover some dos and don'ts and what will be expected of you as a guest.

Firstly we need to get into their home so a nice *Får jag komma in?* would be a good way to start. This means "May I enter?" or "May I come in?" Hopefully you will get an answer that sounds like *Kom in!* which means "Come in!" If not, you should make some new friends or not turn up at parties you aren't invited to.

A more fun way to ask for permission to enter is to say *Får man stiga på?* which literally means "May one step on" and this will most certainly impress you host/hostess. In Sweden it is common sense to bring a small gift when you are invited over to someone's home. However, this gift should be just a token of appreciation and nothing big if it's just a regular home visit. When handing over the gift you use the humble expression *Det är bara någonting litet* to really clarify that it's just a small cheap gift and nothing to have high expectations about.

CULTURAL INSIGHT

Quick Tip #1

This lesson's phrases will definitely impress your hosts when stopping by at their house. Bringing a gift is not a must but something our mothers teach us to do. It could be flowers or a bottle of wine or a homemade pie or anything like that. Although we are taught to bring something when we are invited, it is not expected that you do and the response is almost something like "oh you shouldn't have." That's why we say that we brought something small, something that doesn't mean anything but still shows that we've got manners. A tip is to bring a little something from YOUR country!

Quick Tip #2

In Sweden we mix demands and humble requests frequently. Sometimes a demand will sound more polite than a request, that would sound sarcastic and sometimes a demand would sound too demanding. There is no other way to learn this than to pay attention to the language surrounding you.

LESSON NOTES

Survival Phrases S1 #60

Swedish for Special Events

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Grammar

60

SWEDISH

1. Grattis!
2. Grattis på födelsedagen!
3. God jul!
4. Glad påsk!

ENGLISH

1. Congratulations!
2. Happy Birthday!
3. Merry Christmas!
4. Happy Easter!

VOCABULARY

Swedish	English
grattis	congratulations
Har den äran	I have the honor to congratulate
Grattis på födelsedagen	Happy Birthday
God jul	Merry Christmas
Gott nytt år	Happy New Year
Glad påsk	Happy Easter

Glad midsommar

Happy midsummer

långbord

tables put together for dinner

SAMPLE SENTENCES

<p>Grattis, min vän!</p> <p>"Congratulations, my dear!"</p>	<p>Jag har den äran att få gratulera på din stora dag.</p> <p>"I have the honor to congratulate you on your big day."</p>
<p>Grattis på födelsedagen, min kära vän!</p> <p>"Happy Birthday, my dear friend!"</p>	<p>God jul och glad fortsättning.</p> <p>"Merry Christmas and happy holidays."</p>
<p>Gott nytt år, allihopa!</p> <p>"Happy New Year, everybody!"</p>	<p>Glad påsk, allihopa!</p> <p>"Happy Easter, everybody!"</p>
<p>Glad midsommar, låt oss fira!</p> <p>"Happy midsummer, let's celebrate!"</p>	<p>Vi hade långbord på midsommar.</p> <p>"We had tables put together for dinner at midsummer."</p>

GRAMMAR

I really think it's well suited to have this lesson as the last one in our series about Swedish survival phrases. I want to say congratulations to you that have listened to me and managed to come this far. It's been a great time but now it's really time for you, my students, to spread your wings!

This last lesson is about special occasions and traditions around those. Firstly, I want to cover congratulations. This is *grattis* in Swedish. This is said at birthdays, weddings, graduations and other events where it's appropriate to congratulate one another. *Grattis* is short for *gratulationer* which isn't said so much in the daily spoken Swedish, nor written. It's something

that you would see in formal documents and on some cards.

Next we have "Happy Birthday." In Swedish it's *Grattis på födelsedagen* which literally means "Congratulations at the birthday." We could also say *Ha den äran* which is a set phrase no one really knows the meaning of, unless they really break it down and do research on it. This is most likely *Har den äran* and not *Ha den äran* but it's really 50-50 on what people say. It's an old phrase, translated from German "*die ehre haben*" and means that you are honored to congratulate someone. This was something said to important people, like the king and such.

God Jul is also an old expression which today means "Merry Christmas!" *God* means "good" but *Jul* is a word from the heathen culture before Christianity came to Scandinavia. The original meaning of the word has been lost but for hundreds of years, this word has had the meaning of Christmas.

One week after Christmas comes the new year. "Happy New Year" is something used frequently during this time of year. In Swedish, this is *Gott nytt år* which wishes people to have a good and healthy year. Because Sweden has been built upon Christian values for several hundreds of years, most of the holidays have their origin in the Christian society.

After Christmas comes Easter. "Happy Easter" in Swedish is *Glad påsk*. The last phrase we are going to cover in this lesson is *Glad midsommar*. This literally means "Happy midsummer" and is an old traditional holiday in Sweden in the middle of June which has no connection to the Christian holidays. This holiday is unique to Sweden, although there are similar activities in other European countries. We usually eat together with several families at a so-called *långbord*, where we put our tables together to form a long one. Also, we dance around poles and sing ridiculous songs. Nowadays there are mostly kids dancing and their parents. Some people also dress up in traditional national costumes, which is really hot in the summer, but nonetheless, it's a very very nice cultural thing.



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LESSON NOTES

Culture Class: Essential Swedish Vocabulary #1 National Holidays

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

1

SWEDISH

1. What are the five most important national holidays in Sweden?
2. 1. Sveriges Nationaldag
3. 2. Midsommar
4. 3. Jul
5. 4. Nyår
6. 5. Påsk

ENGLISH

1. What are the five most important national holidays in Sweden?
2. 1. Sweden's National Day
3. 2. Midsummer
4. 3. Christmas
5. 4. New Year
6. 5. Easter

VOCABULARY

Swedish	English	Class
----------------	----------------	--------------

Sveriges Nationaldag	Sweden's National Day	proper noun
Midsommar	Midsummer	noun
Jul	Christmas	proper noun
Nyår	New Year	proper noun
påsk	Easter	noun

SAMPLE SENTENCES

<p>På Sveriges nationaldag brukar man flagga.</p> <p>"On Sweden's National Day you usually display the flag."</p>	<p>På midsommar är det tråkigt om det regnar.</p> <p>"It's boring if it rains during midsummer."</p>
<p>I Sverige firar man jul med familjen.</p> <p>"In Sweden you celebrate Christmas with your family."</p>	<p>På nyår skjuter man fyrverkerier.</p> <p>"On New Year's you set off fireworks."</p>
<p>Påsk är en högtid som många inte vet varför de firar.</p> <p>"Easter is a holiday that many people don't know why they celebrate."</p>	

CULTURAL INSIGHT

1. Sweden's National Day

Sweden's National Day is celebrated on the 6th of June. On this day in 1523, Gustav Vasa was elected as the king, and this was considered the beginning of modern Sweden. Swedes started celebrating this day in 1916.

2. Midsummer

Midsummer is celebrated sometime between the 19th and 26th of June. This is a celebration of summer, and Swedes eat, drink, dance and have fun on this holiday! There have been discussions about making this the new National Day of Sweden.

3. Christmas

Christmas in Sweden is celebrated on the 24th of December, even though the 25th is the actual holiday. In Sweden people celebrate by spending time with family, eating lots of food, and opening presents. On Christmas Eve, Santa usually visits the homes of children.

4. New Year

New Years is often celebrated by eating expensive food such as lobster and tenderloin, drinking champagne, and lighting fireworks. Many people celebrate with their friends by having New Year's parties.

5. Easter

Easter is celebrated sometime between the 22nd of March and 25th of April. Many children dress up as witches on the Thursday before Easter, to give out hand-painted greeting cards to neighbors. They usually get candy in return.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #2 Foods

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

2

SWEDISH

1. What are the five most popular foods in Sweden?
2. 1. Kräfter
3. 2. Janssons Frestelse
4. 3. Surströmming
5. 4. Julskinka
6. 5. Köttbullar

ENGLISH

1. What are the five most popular foods in Sweden?
2. 1. Crayfish
3. 2. Jansson's temptation
4. 3. Fermented herring
5. 4. Christmas ham
6. 5. Swedish Meatballs

VOCABULARY

Swedish	English	Class
---------	---------	-------

Kräfter	Crayfish	noun
Janssons Frestelse	Jansson's temptation	noun
Surströmming	Fermented herring	noun
Julskinka	Christmas ham	noun
Köttbullar	Swedish Meatballs	noun

SAMPLE SENTENCES

<p>Kräfter är svarta från början, men blir röda när de kokas.</p> <p>"Crayfish are black to begin with, but become red when they're boiled."</p>	<p>Janssons frestelse är enkel att göra.</p> <p>"Jansson's temptation is easy to make."</p>
<p>Surströmming är förbjudet att ha med sig på flygplan.</p> <p>"Fermented herring is not allowed to be brought on an airplane."</p>	<p>Man kan köpa färdiggjord julskinka.</p> <p>"You can buy pre-made Christmas ham."</p>
<p>Barn brukar gilla köttbullar.</p> <p>"Children usually like meatballs."</p>	

CULTURAL INSIGHT

1. Crayfish

Crayfish is a shellfish which looks like a small lobster. In Sweden, it's boiled with lots of dill, beer, and other spices and eaten in summer. Crayfish season starts in August.

2. Jansson's temptation

Jansson's Temptation is a potato casserole with lots of cream, onions, and anchovies. It's usually eaten around the holidays such as Christmas and Midsummer.

3. Fermented herring

Fermented herring is basically aged canned herring. It's been called the smelliest food in the world. It's commonly eaten in the Northern parts of Sweden around summer.

4. Christmas ham

Christmas ham is eaten around the Christmas season. It's a boiled or baked ham, coated with a mixture of mustard and egg, and breaded with breadcrumbs.

5. Swedish Meatballs

Traditional Swedish meatballs are made with ground beef, bread crumbs, onions, and cream. They're usually eaten together with mashed potatoes and lingonberry jam.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #3 Beverages

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

3

SWEDISH

1. What are the five most popular beverages in Sweden?
2. 1. Julmust
3. 2. Fläderblomssaft
4. 3. Rabarbersaft
5. 4. Snaps
6. 5. Mjöd

ENGLISH

1. What are the five most popular beverages in Sweden?
2. 1. Christmas sap
3. 2. Elderflower cordial
4. 3. Rhubarb cordial
5. 4. Snaps
6. 5. Mead

VOCABULARY

Swedish	English	Class
---------	---------	-------

Julmust	Christmas sap	noun
Fläderblomssaft	Elderflower cordial	noun
Rabarbersaft	Rhubarb cordial	noun
Snaps	Snaps	noun
Mjöd	Mead	noun

SAMPLE SENTENCES

<p>Julmust är inte lika sött som coca cola.</p> <p>"Christmas sap isn't as sweet as Coca-cola."</p>	<p>Fläderblomssaft är gjort på blommor från växten fläder.</p> <p>"Elderflower cordial is made from the flowers of the elderberry plant."</p>
<p>Rabarbersaft blir sur om du inte har i mycket socker.</p> <p>"Rhubarb cordial becomes sour if you don't put lots of sugar in it."</p>	<p>Snaps brukar drickas vid midsommar och jul.</p> <p>"Snaps is usually drunk on Mid-summers eve and Christmas."</p>
<p>Nu för tiden brukar man inte dricka mjöd.</p> <p>"Nowadays you usually don't drink mead."</p>	

CULTURAL INSIGHT

1. Christmas sap

Christmas sap is a soda that's similar to Coca-cola, but tastes more like root beer. People often drink it around Christmas, and also at Easter. The Easter version is named Påskmust.

2. Elderflower cordial

Elderflower cordial is a soft drink often enjoyed in the summertime. It's common to make this cordial by yourself.

3. Rhubarb cordial

In the summertime, many people have rhubarb plants in their gardens, and will make this sweet summer soft drink by themselves.

4. Snaps

Snaps is the word for a small shot of a strong alcoholic beverage—usually brännvin, which is a liquor made from potatoes. It's similar to vodka.

5. Mead

Mead is an old alcoholic beverage made with honey and enjoyed by the vikings. It resembles wine, and is often flavored using fruits and berries.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #4 Popular homecooked meals

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

4

SWEDISH

1. What are the five most popular home cooked meals in Sweden?
2. 1. Blåbärspaj
3. 2. Flygande Jakob
4. 3. Pyttipanna
5. 4. Pannkakor
6. 5. Korvstroganoff

ENGLISH

1. What are the five most popular home cooked meals in Sweden?
2. 1. Blueberry pie
3. 2. Flying Jacob
4. 3. Small piece in a pan
5. 4. Pancakes
6. 5. Sausage stroganoff

VOCABULARY

Swedish	English	Class
---------	---------	-------

Blåbärspaj	Blueberry pie	noun
Flygande Jakob	Flying Jacob	phrase
Pyttipanna	Small piece in a pan	phrase
pannkakor	pancakes	noun
Korvstroganoff	Sausage stroganoff	phrase

SAMPLE SENTENCES

<p>Många plockar bären till sin blåbärspaj själv.</p> <p>"Many people pick the berries for their blueberry pie by themselves."</p>	<p>Flygande Jakob är en söt maträtt.</p> <p>"Flying Jacob is a sweet dish."</p>
<p>Pyttipanna kan man göra på vad man vill.</p> <p>"Small piece in a pan can be made from whatever you want."</p>	<p>Barn brukar ha med sig pannkakor på skolutflykter.</p> <p>"Children usually bring pancakes with them on school trips."</p>
<p>Man brukar äta ris till korvstroganoff.</p> <p>"You usually eat rice with sausage stroganoff."</p>	

CULTURAL INSIGHT

1. Blueberry pie

Blueberry pie is made in the summer by putting the blueberries at the bottom of a baking pan and pouring in a mix of flour, sugar and butter. It's cooked in the oven and often served with a vanilla sauce.

2. Flying Jacob

This is a casserole that is made with chicken, whipped cream, chili sauce, bananas, roasted peanuts, and bacon.

3. Small piece in a pan

This dish is usually made with diced potatoes, diced onions, and chopped meat or sausage, which are then pan fried. It's often served with a fried egg. It's also usually made from left-overs.

4. Pancakes

Swedish pancakes are very thin and are made by putting jam, sugar, or cream on the pancakes and then rolling them into rolls.

5. Sausage stroganoff

Sausage stroganoff is a variation of beef stroganoff, but in Sweden they use a special sausage from Falun to make this dish.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #5 Sweets and desserts

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

5

SWEDISH

1. What are the five most popular sweets and desserts in Sweden?
2. 1. Semla
3. 2. Lussekatt
4. 3. Pepparkaka
5. 4. Ostkaka
6. 5. Lakrits

ENGLISH

1. What are the five most popular sweets and desserts in Sweden?
2. 1. Sweet roll
3. 2. Saffron bun
4. 3. Gingerbread cookie
5. 4. Swedish cheesecake
6. 5. Liquorice

VOCABULARY

Swedish	English	Class
---------	---------	-------

Semla	Sweet roll	noun
Lussekatt	Saffron bun	noun
Pepparkaka	Gingerbread cookie	noun
Ostkaka	Swedish cheesecake	noun
Lakrits	Liquorice	noun

SAMPLE SENTENCES

<p>Svenskarna äter 40 miljoner semlor per år.</p> <p>"The Swedes eat 40 million semla sweet rolls per year."</p>	<p>En lussekatt är ett bakverk som oftast äts på Lucia.</p> <p>"A saffron bun is a pastry that is often eaten on Lucia."</p>
<p>En pepparkaka kan ha vilken form som helst.</p> <p>"A gingerbread cookie can have whatever shape possible."</p>	<p>Ostkaka har funnits sedan medeltiden.</p> <p>"Swedish cheesecake has been around since the Medieval period."</p>
<p>Många barn gillar inte lakrits.</p> <p>"Many children don't like liquorice."</p>	

CULTURAL INSIGHT

1. Sweet roll

This sweet roll is only served around the Day of the Semla in Sweden. It's a cardamom-spiced wheat bun filled with a mix of milk and almond paste, topped with whipped cream.

2. Saffron bun

Saffron buns are made during Christmas time, and contain lots of saffron and raisins. They are usually made in an S-shape.

3. Gingerbread cookie

Gingerbread cookies in Sweden are usually very thin, flavored with cloves, cinnamon, and cardamom. They're made and eaten during Christmas time.

4. Swedish cheesecake

This dish is made by adding rennet to milk and letting the casein coagulate. Cream, sugar, eggs, almonds, and bitter almonds are added to create a batter. It is then baked in an oven and served warm with whipped cream and jam.

5. Liquorice

Liquorice is a very popular candy in Sweden. It's a black candy made from the extract of the roots of liquorice plants.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #6 Fruits

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

6

SWEDISH

1. What are the five most popular fruits in Sweden?
2. 1. Jordgubbe
3. 2. Äpple
4. 3. Apelsin
5. 4. Hallon
6. 5. Smultron

ENGLISH

1. What are the five most popular fruits in Sweden?
2. 1. Strawberry
3. 2. Apple
4. 3. Orange
5. 4. Raspberry
6. 5. Wild strawberry

VOCABULARY

Swedish	English	Class
---------	---------	-------

jordgubbe	strawberry	noun
äpple	apple	noun
apelsin	orange	noun
hallon	raspberry	noun
smultron	wild strawberry	noun

SAMPLE SENTENCES

<p>Jordgubben kom till Sverige på 1700-talet.</p> <p>"The strawberry came to Sweden in the 18th century."</p>	<p>Ett äpple om dagen håller doktorn borta.</p> <p>"An apple a day keeps the doctor away."</p>
<p>År 2009 importerades 77 866 ton apelsiner till Sverige.</p> <p>"In 2009, 77,866 tons of oranges were imported to Sweden."</p>	<p>I hallon finns det ibland mask.</p> <p>"There are sometimes worms in raspberries."</p>
<p>Smultron brukar växa vilt lite var som helst.</p> <p>"Usually, Wild strawberries can grow almost anywhere."</p>	

CULTURAL INSIGHT

1. Strawberry

Strawberries are a summer berry in Sweden, and are eaten with whipped cream or vanilla ice cream. They are almost always eaten for dessert on Midsummer's Eve.

2. Apple

Apples are used for many desserts, such as apple pie, applecakes, and so on. Apples are the most common fruit in Sweden.

3. Orange

Around Christmas, Swedes put cloves into oranges and put them up in the house as decorations. They give off a very nice smell.

4. Raspberry

Raspberries are found in almost every Swedish person's garden.

5. Wild strawberry

Wild strawberries are small strawberries that have a slightly different taste from normal strawberries. In Sweden, children pick them in their gardens, put them on long blades of grass, and eat them in the summer.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #7 Vegetables

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

7

SWEDISH

1. What are the five most popular vegetables in Sweden?
2. 1. Tomat
3. 2. Gurka
4. 3. Ärtor
5. 4. Potatis
6. 5. Vitkål

ENGLISH

1. What are the five most popular vegetables in Sweden?
2. 1. Tomato
3. 2. Cucumber
4. 3. Pea
5. 4. Potato
6. 5. Cabbage

VOCABULARY

Swedish	English	Class
---------	---------	-------

vitkål	cabbage	noun
tomat	tomato	noun
gurka	cucumber	noun
ärta	pea	noun
potatis	potato	noun

SAMPLE SENTENCES

<p>Vitkål innehåller mycket C-vitamin.</p> <p>"Cabbage contains a lot of vitamin C."</p>	<p>Tomaten kom till Sverige på 1600-talet.</p> <p>"The tomato came to Sweden in the 17th century."</p>
<p>I Sverige odlas gurka i växthus.</p> <p>"In Sweden, cucumbers are grown in greenhouses."</p>	<p>Ärtor har funnits i Sverige sedan vikingatiden.</p> <p>"Peas have been in Sweden since the Viking age."</p>
<p>Olof Rudbeck planterade den första potatisen i Sverige år 1658.</p> <p>"Olof Rudbeck planted the first potato in Sweden in the year 1658."</p>	

CULTURAL INSIGHT

1. Tomato

In Sweden, it has become popular to have your own tomato plant at home to grow fresh tomatoes.

2. Cucumber

Swedes use cucumbers a lot, and Sweden's supply of cucumbers is self-sufficient. Pickled cucumber is very popular, and usually put on bread with liver paté.

3. Pea

For centuries, Swedes have been eating peas. Pea soup is a traditional dish and usually includes pieces of pork. It's often eaten together with pancakes on Thursdays.

4. Potato

In Swedish cuisine, potatoes are used for a lot of things and are the base of many dishes.

5. Cabbage

Cabbage is used a lot in traditional Swedish foods such as cabbage rolls or cabbage pudding.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #8

Pop and traditional culture

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

8

SWEDISH

1. What are the five most popular pop or traditional culture in Sweden?
2. 1. Eurovision Song Contest
3. 2. Dansband
4. 3. Stockholm Pride
5. 4. Kräftskiva
6. 5. Fika

ENGLISH

1. What are the five most popular pop or traditional culture in Sweden?
2. 1. Eurovision Song Contest
3. 2. Dance band
4. 3. Stockholm Pride
5. 4. Crayfish party
6. 5. Coffee break

VOCABULARY

Swedish	English	Class
---------	---------	-------

Eurovision Song Contest	Eurovision Song Contest	phrase
Dansband	Dance band	noun
Stockholm Pride	Stockholm Pride	phrase
Kräftskiva	Crayfish party	noun
Fika	Coffee break	noun

SAMPLE SENTENCES

<p>Sverige har vunnit Eurovision song contest fem gånger.</p> <p>"Sweden has won the Eurovision Song Contest five times."</p>	<p>Dansband brukar ha namn med bokstaven Z i dem.</p> <p>"Dance bands usually have names with the letter Z in them."</p>
<p>Stockholm Pride avslutas alltid med en stor parad genom Stockholm.</p> <p>"Stockholm Pride always ends with a big parade through Stockholm."</p>	<p>På kräftskivor brukar folk bli väldigt fulla.</p> <p>"At crayfish parties people usually get very drunk."</p>
<p>Fika är både ett verb och ett substantiv.</p> <p>"Fika is both a verb and a noun."</p>	

CULTURAL INSIGHT

1. Eurovision Song Contest

The Eurovision Song Contest is a music contest held in Europe, and it's especially popular in Sweden. Every year it's one of the most watched TV programs in Sweden.

2. Dance band

Dance bands are bands that make easy-to-dance-to music. Lots of older people enjoy this genre in Sweden. Usually the songs are happy and about love.

3. Stockholm Pride

Pride is a festival for homosexual, bisexual, and transsexual people in Sweden. It's the biggest festival in the summer held every year.

4. Crayfish party

Crayfish parties are held in August. At these parties, Swedes eat crayfish and drink lots of alcohol such as snaps. It's also common to wear special crayfish hats.

5. Coffee break

Fika means to have coffee, tea, lemonade, and maybe something small to eat such as cookies, cake, or a sandwich. This is a common way to hang out in Sweden.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #9 Traditional Clothing

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

9

SWEDISH

1. What are the five most popular traditional clothing in Sweden?
2. 1. Förkläde
3. 2. Träskor
4. 3. Knäbyxor
5. 4. Axelduk
6. 5. Lovikkavante

ENGLISH

1. What are the five most popular traditional clothing in Sweden?
2. 1. Apron
3. 2. Clogs
4. 3. Breeches
5. 4. Shoulder scarf
6. 5. Lovikka glove

VOCABULARY

Swedish	English	Class
---------	---------	-------

förkläde	apron	noun
träskor	clogs	noun
knäbyxor	breeches	noun
axelduk	shoulder scarf	noun
lovikkavante	lovikka glove	noun

SAMPLE SENTENCES

<p>Förr i tiden trodde man att kvinnor som inte bar förkläde kunde få oäkta barn.</p> <p>"In the past, people believed that women who didn't wear aprons would have illegitimate children."</p>	<p>Träskor är oftast målade för hand.</p> <p>"Clogs are often painted by hand."</p>
<p>Till knäbyxor bar man också strumpor som gick över knät.</p> <p>"With breeches you also wore socks that went above the knee."</p>	<p>En axelduk var ofta en gåva från den man som flickan skulle gifta sig med.</p> <p>"A shoulder scarf was often a gift from the man that the girl would marry."</p>
<p>Lovikkavanten uppfanns år 1892.</p> <p>"The Lovikka glove was invented in the year 1892."</p>	

CULTURAL INSIGHT

1. Apron

In the Swedish traditional attire, women wear aprons on top of their dresses.

2. Clogs

Clogs are commonly made in southern Sweden, and are used even today. In the 1970s and 1980s, Swedish clogs became popular fashion accessories.

3. Breeches

In Swedish traditional attire men often wear breeches.

4. Shoulder scarf

Shoulder scarves were worn by women, and the scarves were usually colorful and had flower prints on them.

5. Lovikka glove

Lovikka gloves are thick white gloves with a colorful border at the wrists.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #10 Historical figures

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

10

SWEDISH

1. Who are the five most famous historical figures in Sweden?
2. 1. Alfred Nobel
3. 2. Carl von Linné
4. 3. Anders Celsius
5. 4. Lars Magnus Ericsson
6. 5. Ruben Rausing

ENGLISH

1. Who are the five most famous historical figures in Sweden?
2. 1. Alfred Nobel
3. 2. Carl Linneaus
4. 3. Anders Celsius
5. 4. Lars Magnus Ericsson
6. 5. Ruben Rausing

VOCABULARY

Swedish	English	Class
---------	---------	-------

Alfred Nobel	Alfred Nobel	proper name
Carl von Linné	Carl Linneaus	proper name
Anders Celsius	Anders Celsius	proper name
Lars Magnus Ericsson	Lars Magnus Ericsson	proper name
Ruben Rausing	Ruben Rausing	proper name

SAMPLE SENTENCES

<p>Alfred Nobel föddes år 1933 i Stockholm.</p> <p>"Alfred Nobel was born in the year 1933 in Stockholm."</p>	<p>Carl von Linné dog när han var 70 år gammal.</p> <p>"Carl Linneaus died when he was 70 years old."</p>
<p>Anders Celsius fick tuberkolos och dog enbart 42 år gammal.</p> <p>"Anders Celsius got tuberculosis and died when he was only 42 years old."</p>	<p>Lars Magnus Ericsons familjehem är nu ett museum.</p> <p>"Lars Magnus Ericsson's family home is now a museum."</p>
<p>Ruben Rausing lånade pengar av sin moster för att betala sina studier.</p> <p>"Ruben Rausing borrowed money from his aunt to pay for his studies."</p>	

CULTURAL INSIGHT

1. Alfred Nobel

Alfred Nobel is the inventor of dynamite and used his fortune to institute the world famous Nobel Prize. Nobel held 350 patents, and the synthetic element nobelium was named after him.

2. Carl

Linneaus

Carl Linneaus was a Swedish botanist who laid the foundation for the modern biological naming scheme of binomial nomenclature. In the 1740s, he was sent on several journeys through Sweden to find and classify plants and animals. At the time of his death, he was one of the most acclaimed scientists in Europe.

3. Anders Celsius

In 1742, Anders Celsius proposed the Celsius temperature scale, though it was changed in 1745 by Carl Linnaeus, who inverted the original scale. In the original scale water froze at 100°C and boiled at 0°C.

4. Lars Magnus Ericsson

Lars was a Swedish inventor and entrepreneur. In 1876, Lars founded the well-known telephone equipment manufacturing company Ericsson, which in 2012 was the world's second largest provider of wireless network equipment.

5. Ruben Rausing

Ruben noticed that milk and juice products were sold in heavy glass bottles. He decided to find a new way to package liquids. He then became the founder of the liquid food packaging company Tetra Pak. Today, we use these Tetra Pak cartons for milk and other drinks.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #11 Animals

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

11

SWEDISH

1. What are the five most typical Swedish animals?
2. 1. Älg
3. 2. Rådjur
4. 3. Vildsvin
5. 4. Varg
6. 5. Lodjur

ENGLISH

1. What are the five most typical Swedish animals?
2. 1. Moose
3. 2. Roe deer
4. 3. Wild boar
5. 4. Wolf
6. 5. Lynx

VOCABULARY

Swedish	English	Class
---------	---------	-------

älg	moose	noun
rådjur	roe deer	noun
vildsvin	wild boar	noun
varg	wolf	noun
lodjur	lynx	noun

SAMPLE SENTENCES

<p>Älgen lever oftast ensam.</p> <p>"The moose often lives alone."</p>	<p>Både lodjur och räv äter rådjur.</p> <p>"Both lynx and foxes eat roe deer."</p>
<p>Jakt är den vanligaste dödsorsaken för vildsvinen i Sverige.</p> <p>"Hunting is the most common cause of death for wild boars in Sweden."</p>	<p>Det finns folk som vill utrota vargen i Sverige.</p> <p>"There are people who want to eradicate the wolf in Sweden."</p>

Det är inte många som sett ett lodjur på riktigt.

"There are not many who have seen a lynx in real life."

CULTURAL INSIGHT

1. Moose

Moose are often found in forests all over Sweden. Sweden usually has about 300,000-400,000 moose, but about 100,000 are shot by hunters every fall. The moose is Sweden's largest mammal, and the male moose can weigh up to 700kg or about 1500 lbs.

2. Roe deer

Roe deer are common to central and southern Sweden, but are rare in northern Sweden. They sometimes go into people's gardens and eat their flowers. Sweden has a population of around a million roe deer.

3. Wild boar

The wild boar is probably just as old as the Swedish population. If you travel by car in Sweden, it's very common to see warning signs for wild boar since they often wander into the roads and cause accidents. Recently, the wild boar population has been rapidly increasing.

4. Wolf

Wolves in Sweden are on the brink of extinction. Therefore, Swedish Zoos have started wolf breeding programs. The population of wild wolves in Sweden is currently around 130.

5. Lynx

The lynx is Sweden's only feline. In Sweden, the lynx has been protected since 1991, and the wild population is now around 1300. The lynx can be found anywhere in Sweden, except for the islands of Gotland and Öland. They're very shy animals.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #12 Plants

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

12

SWEDISH

1. What are the five most typical plants in Sweden?
2. 1. Krokus
3. 2. Påsklilja
4. 3. Äppelträd
5. 4. Blåbär
6. 5. Lingon

ENGLISH

1. What are the five most typical plants in Sweden?
2. 1. Crocus
3. 2. Wild daffodil
4. 3. Apple tree
5. 4. Blueberry
6. 5. Lingonberry

VOCABULARY

Swedish	English	Class
---------	---------	-------

krokus	crocus	noun
påsklilja	wild daffodil	noun
äppelträd	apple tree	noun
blåbär	blueberry	noun
lingon	lingonberry	noun

SAMPLE SENTENCES

<p>Krokusen blommar under mars och april.</p> <p>"The crocus blooms during March and April."</p>	<p>Påskliljan kan bli cirka 40 till 50cm hög.</p> <p>"The wild daffodil can become around 40 to 50cm high."</p>
<p>Att ta äpplen från någon annans äppelträd utan att fråga, kallas att palla äpplen.</p> <p>"To take apples from someone else's apple tree is called att palla äpplen."</p>	<p>Om man äter blåbär blir tungan blå.</p> <p>"If you eat blueberries your tongue becomes blue."</p>
<p>Man odlar inte lingon, utan de växer fritt i skogen.</p> <p>"You don't grow lingonberries, they grow wild in the forest."</p>	

CULTURAL INSIGHT

1. Crocus

Crocus is a flower which usually blooms in purple, white, and yellow, and is seen in Swedish gardens in early spring. This flower is loved all over Sweden because it is usually the first sign that spring has come.

2. Wild daffodil

This is a rather big yellow flower that blooms in Sweden from April to May, just in time for Easter. The Swedish word Påsklilja actually means Easter Lily.

3. Apple tree

Apple trees are found in many Swedish gardens. The apples are most commonly used to make apple cakes and pies.

4. Blueberry

In Swedish forests, you can find blueberries everywhere during the summer. Seventeen percent of Sweden's geographical area is covered with blueberries!

5. Lingonberry

Lingonberries are found around the same places as blueberries. Lingonberries are small red berries. They're not very sweet, but if you add lots of sugar you can make the famous lingonberry jam that Swedes eat with meatballs.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #13 Geographic features

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

13

SWEDISH

1. What are the five most well-known geographical features in Sweden?
2. 1. Stockholms Skärgård
3. 2. Kebnekaise
4. 3. Vänern
5. 4. Sarek
6. 5. Birka

ENGLISH

1. What are the five most well-known geographical features in Sweden?
2. 1. Stockholm Archipelago
3. 2. Mount Kebnekaise
4. 3. Lake Vänern
5. 4. Sarek National Park
6. 5. Birka

VOCABULARY

Swedish	English	Class
---------	---------	-------

Stockholms Skärgård	Stockholm Archipelago	proper noun
Kebnekaise	Mount Kebnekaise	proper noun
Vänern	Lake Vänern	proper noun
Sarek	Sarek National Park	proper noun
Birka	Birka	proper noun

SAMPLE SENTENCES

<p>I Stockholms skärgård kan du ta taxibåt mellan öarna.</p> <p>"In the Stockholm Archipelago you can take a taxi boat between the islands."</p>	<p>Kebnekaise ligger i Kiruna.</p> <p>"Mount Kebnekaise is located in Kiruna."</p>
<p>Vänern har 22 000 öar.</p> <p>"Vänern has 22,000 islands."</p>	<p>Du kan hitta björn, älg, lodjur och järv i Sarek.</p> <p>"You can find bears, moose, lynx, and wolverines in Sarek National Park."</p>
<p>Birka brukar kallas för Sveriges första stad.</p> <p>"Birka is often called Sweden's first city."</p>	

CULTURAL INSIGHT

1. Stockholm Archipelago

There are about 30,000 islands in the Stockholm Archipelago. Sweden has "everyman's right", a law that gives anyone the right to go ashore or anchor on any ground they want, so you can basically visit all the islands.

2. Mount Kebnekaise

Mount Kebnekaise is Sweden's highest mountain and is 2,106 meters tall. It's part of the Scandinavian Mountain range.

3. Lake Vänern

Lake Vänern is the largest lake in Sweden and the third largest lake in Europe. It covers an area of 5,655 square kilometers.

4. Sarek National Park

This is a national park located in Jokkmokk in northern Sweden. This area has a lot of mountains, which makes it very popular among hikers and mountaineers.

5. Birka

In the Viking Age, Birka, which is located about thirty kilometres from Stockholm, was an important trading center. It's now a popular area for tourists who want to learn more about Viking culture.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #14 Cities

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

14

SWEDISH

1. What are the five most popular cities in Sweden?
2. 1. Stockholm
3. 2. Göteborg
4. 3. Malmö
5. 4. Lund
6. 5. Uppsala

ENGLISH

1. What are the five most popular cities in Sweden?
2. 1. Stockholm
3. 2. Gothenburg
4. 3. Malmo
5. 4. Lund
6. 5. Uppsala

VOCABULARY

Swedish	English	Class
----------------	----------------	--------------

Stockholm	Stockholm	noun
Göteborg	Gothenburg	noun
Malmö	Malmö	noun
Lund	Lund	noun
Uppsala	Uppsala	noun

SAMPLE SENTENCES

<p>Stockholm kallas för Skandinaviens huvudstad.</p> <p>"Stockholm is called the capital of Scandinavia."</p>	<p>Folk från Göteborg brukar inte gilla folk från Stockholm.</p> <p>"People from Gothenburg don't usually like people from Stockholm."</p>
<p>Det finns ingen tunnelbana i Malmö.</p> <p>"There is no metro in Malmö."</p>	<p>Lund grundades omkring år 990.</p> <p>"Lund was founded around the year 990."</p>

Namnet Uppsala stavades för länge sedan med bara ett p.

"The name Uppsala was spelled a long time ago with only one "p"

CULTURAL INSIGHT

1. Stockholm

Stockholm is the capital city of Sweden and has a population of about 900,000 people which makes it the home of about twenty-two percent of Sweden's population. Over thirty percent of the city area is made up of waterways and thirty percent is made up of parks and green spaces.

2. Gothenburg

Gothenburg is the second largest city in Sweden and has about half a million people living there. It's located in the Southwest of Sweden.

3. Malmö

Malmö is the third largest city in Sweden with about 300,000 people living there. Since it's located in the South, it's a bit warmer than Stockholm. Almost half of the population is under thirty-five years old, and forty-one percent have a foreign background.

4. Lund

Lund has about 83,000 inhabitants and is close to Malmö. The city is believed to have been founded around the year 990, when it belonged to Denmark. Lund University is today one of Scandinavia's largest institutions for education and research, which makes Lund a city full of student life.

5. Uppsala

Uppsala is the fourth largest city, with about 140,500 inhabitants. It's close to Stockholm and is a big education spot with Uppsala University as the oldest center of higher education in Scandinavia.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #15 Sports

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

15

SWEDISH

1. What are the five most popular sports in Sweden?
2. 1. Fotboll
3. 2. Bandy
4. 3. Innebandy
5. 4. Ridning
6. 5. Ishockey

ENGLISH

1. What are the five most popular sports in Sweden?
2. 1. Soccer
3. 2. Bandy
4. 3. Floorball
5. 4. Horseback riding
6. 5. Ice hockey

VOCABULARY

Swedish	English	Class
---------	---------	-------

fotboll	soccer	noun
bandy	bandy	noun
innebandy	floorball	noun
ridning	horseback riding	noun
ishockey	ice hockey	noun

SAMPLE SENTENCES

<p>Jag tycker om fotboll.</p> <p>"I like soccer."</p>	<p>Sverige tog brons i VM i fotboll år 1994.</p> <p>"Sweden won the bronze in the soccer world cup in 1994."</p>
<p>I bandy använder inte målvakten klubba.</p> <p>"In bandy, the goalkeeper does not use a stick."</p>	<p>Bollen man använder när man spelar innebandy har 26 hål.</p> <p>"The ball you use when you play floorball has twenty-six holes."</p>
<p>Ridning är en väldigt dyr sport.</p> <p>"Horseback riding is a very expensive sport."</p>	<p>Spelarna spelar ishockey.</p> <p>"The players are playing ice hockey."</p>

Kvinnor får inte tackla varandra när de spelar ishockey.

"Women aren't allowed to tackle each other when they play ice hockey."

CULTURAL INSIGHT

1. Soccer

Soccer is the most popular sport in Sweden, with over 240,000 licensed players plus another

240,000 youth players. A very famous soccer player from Sweden is Zlatan Ibrahimovic.

2. Bandy

Bandy is a winter game played on ice similar to ice hockey, but played with a ball. Bandy was introduced to Sweden in 1895, and the Swedish royal family were among the first players. Now it's a pretty common sport.

3. Floorball

Floorball is essentially floor hockey, developed in the 1970s in Sweden. Sweden has had the most victories in the Floorball World Championship with 7 gold medals.

4. Horseback riding

Horseback riding is a popular hobby or sport in Sweden. About 200,000 Swedes engage in horseback riding. Of those 200,000, eighty-five percent are women.

5. Ice hockey

Ice hockey has been played in Sweden since the 1920s. Both the men's and women's national teams have won medals in the Olympics, European Championships, and Ice Hockey World Championships.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #16

Tourist attractions and places

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

16

SWEDISH

1. What are the five most popular tourist attractions in Sweden?
2. 1. Gamla Stan
3. 2. Ishotellet i Jukkasjärvi
4. 3. Gröna Lund
5. 4. Visby
6. 5. Skansen

ENGLISH

1. What are the five most popular tourist attractions in Sweden?
2. 1. Old Town
3. 2. The Ice Hotel in Jukkasjarvi
4. 3. Grona Lund
5. 4. Visby
6. 5. Skansen

VOCABULARY

Swedish	English	Class
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Gamla Stan	Old Town	noun
Ishotellet i Jukkasjärvi	The Ice Hotel in Jukkasjärvi	noun
Gröna Lund	Gröna Lund	noun
Visby	Visby	noun
Skansen	Skansen	noun

SAMPLE SENTENCES

<p>Du hittar Stockholms slott i Gamla stan.</p> <p>"You'll find Stockholm Palace in Old Town."</p>	<p>Ishotellet i Jukkasjärvi byggs upp varje år.</p> <p>"The Ice Hotel in Jukkasjärvi is built up every year."</p>
<p>Gröna Lund kallas även för Grönan.</p> <p>"Gröna Lund is also called Grönan."</p>	<p>Varje år hålls en medeltidsvecka i Visby.</p> <p>"Every year they hold a medieval week in Visby."</p>
<p>Det är många som firar midsommar på Skansen.</p> <p>"There are many who celebrate Midsummer at Skansen."</p>	

CULTURAL INSIGHT

1. Old Town

Old Town is the old part of Stockholm and is a popular tourist area, especially in the summer and around Christmas. The town dates back to the 13th century, and consists of medieval alleyways, cobbled streets, and archaic architecture.

2. The Ice Hotel in Jukkasjärvi

This is a hotel located in Jukkasjärvi, totally made out of ice. Even the beds are ice. Jukkasjärvi is in the far North of Sweden and the hotel attracts lots of tourists every year.

3. Gröna Lund

Gröna Lund is an amusement park in Stockholm with over thirty attractions. It's the oldest amusement park in Sweden. There, you can enjoy concerts in the summer, and of course rides.

4. Visby

Visby is the biggest city on the island of Gotland. It is the best-preserved medieval city in Scandinavia and has been named a UNESCO World Heritage Site. It's a popular spot to go to in summer.

5. Skansen

Skansen is an open-air museum and zoo, located next to Gröna Lund in Stockholm. It was founded in 1891, with the purpose of showing the lifestyle in different parts of Sweden before the industrial era.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #17

Common things in the homes

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

17

SWEDISH

1. What are the five most common things found in a Swedish home?
2. 1. Smörkniv
3. 2. Bergvärme
4. 3. Lekstuga
5. 4. Lergryta
6. 5. Gästrum

ENGLISH

1. What are the five most common things found in a Swedish home?
2. 1. Butter knife
3. 2. Downhole heat exchanger
4. 3. Playhouse
5. 4. Clay pot
6. 5. Guest room

VOCABULARY

Swedish	English	Class
---------	---------	-------

smörkniv	butter knife	noun
bergvärme	downhole heat exchanger	noun
lekstuga	playhouse	noun
lergryta	clay pot	noun
gästrum	guest room	noun

SAMPLE SENTENCES

<p>Många barn gör egna smörknivar av trä i skolan.</p> <p>"Many children make their own butter knives from wood in school."</p>	<p>Att skaffa bergvärme är en bra investering, och man sparar mycket pengar på att ha det.</p> <p>"To install a downhole heat exchanger is a very good investment, and you save lots of money by having it."</p>
<p>Barnen brukar ha tebjudningar i sina lekstugor, och bjuda in de vuxna.</p> <p>"The children usually have tea parties in their play houses, and invite the adults."</p>	<p>På 1970-talet blev en lergryta från Tyskland väldigt populär i Sverige.</p> <p>"In the 1970s clay pots from Germany became very popular in Sweden."</p>
<p>Många kombinerar gästrum med bibliotek.</p> <p>"Many people combine the guest room and library."</p>	

CULTURAL INSIGHT

1. Butter knife

Old traditional butter knives in Sweden are made from wood. They're still commonly used, and most Swedes have them in their homes.

2. Downhole heat exchanger

The downhole heat exchanger is getting more common in Swedish houses. It's a cheap and effective way of heating up your house using heat from the ground.

3. Playhouse

A playhouse is found in almost every Swedish garden. It is often built as a miniature version of the house you're living in. It's used for children to play in.

4. Clay pot

This clay pot is mainly used for cooking meat and chicken, and is commonly found in Swedish households, especially in the homes of the elderly.

5. Guest room

Swedes tend to live in rather large homes, and therefore it's common to have an extra room used as a guest room.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #18

Commonly used medicine and drugs

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

18

SWEDISH

1. What are the five most commonly used medicine and drugs in Sweden?
2. 1. Ipren
3. 2. Alvedon
4. 3. Esberitox
5. 4. Samarin
6. 5. Treo

ENGLISH

1. What are the five most commonly used medicine and drugs in Sweden?
2. 1. Ipren
3. 2. Alvedon
4. 3. Esberitox
5. 4. Samarin
6. 5. Treo

VOCABULARY

Swedish	English	Class
---------	---------	-------

Ipren	Ipren	noun
Alvedon	Alvedon	noun
Esberitox	Esberitox	noun
Samarin	Samarin	noun
Treo	Treo	noun

SAMPLE SENTENCES

<p>I reklamen för Ipreen sades det att Ipreen var en intelligent värktablett, men reklamen stoppades eftersom en värktablett inte kan vara intelligent.</p> <p>"In the commercial for Ipreen, it was said that Ipreen was an intelligent pain killer, but the commercial was stopped because a pain killer cannot be intelligent."</p>	<p>I Alvedon finns paracetamol.</p> <p>"In Alvedon, there is paracetamol."</p>
<p>Esberitox kommer från Tyskland.</p> <p>"Esberitox is from Germany."</p>	<p>En biverkning av samarin är att du kan bli dålig i magen.</p> <p>"A side effect of Samarin is that you can get a stomachache."</p>
<p>Treo är en brustablett.</p> <p>"Treo is an effervescent tablet."</p>	

CULTURAL INSIGHT

1. Ipreen

It is common to take Ipren if you have a fever, muscle pain, back pain or headache. The mascot for Ipren, "the Ipren man" and jingle are very popular.

2. Alvedon

Alvedon is the most popular medicine used for headaches and body pains. It has been used since 1958 and comes in different shapes.

3. Esberitox

Esberitox is used when you've caught a cold. It's most effective if you take it right when you start feeling any kinds of symptoms.

4. Samarin

Samarin is used for heartburn and is commonly used among overweight people and pregnant women.

5. Treo

Treo relieves minor pains such as headaches and body aches. It also reduces fever and is used as an anti-inflammatory medication.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #19 Natural disasters

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

19

SWEDISH

1. What are the five most common natural disasters in Sweden?
2. 1. Storm
3. 2. Översvämning
4. 3. Lavin
5. 4. Snöras
6. 5. Hal is

ENGLISH

1. What are the five most common natural disasters in Sweden?
2. 1. Storm
3. 2. Flood
4. 3. Avalanche
5. 4. Falling snow
6. 5. Slippery ice

VOCABULARY

Swedish	English	Class
---------	---------	-------

storm	storm	noun
översvämning	flood	noun
lavin	avalanche	noun
snöras	falling snow	noun
hal is	slippery ice	noun

SAMPLE SENTENCES

<p>I Sverige brukar man namnge stormar.</p> <p>"In Sweden, storms are usually named."</p>	<p>Man gräver diken för att förhindra översvämningar.</p> <p>"You dig ditches to prevent floods."</p>
<p>Laviner är inte så vanliga i Sverige, men du borde vara försiktig i alla fall.</p> <p>"Avalanches aren't that common in Sweden, but you should be careful anyway."</p>	<p>På vintern kan man se många skyltar som varnar för snöras.</p> <p>"In the winter, you can see a lot of signs warning about falling snow."</p>
<p>Speciellt gamla ramlar ofta på hal is.</p> <p>"Especially the elderly fall on slippery ice."</p>	

CULTURAL INSIGHT

1. Storm

Big storms usually occur more than once a year in Sweden, and since the beginning of the year 2000, there have been about thirty-three big storms. Due to rough weather and storms in 1994, over 850 people died in the sinking of Estonia, a cruise ferry from Estonia to Sweden.

2. Flood

Floods can happen sometimes in Sweden when there's a long-lasting rain. In 2006, there was a big flood in Gothenburg that caused a lot of problems such as soccer game cancellations, and shopping malls being flooded.

3. Avalanche

Avalanches happen in Sweden too, and cause one death every other year on average. They happen mostly in northern Sweden, since that's where the biggest mountains and ski slopes are.

4. Falling snow

After it has been snowing for a long time, and the snow gets packed up on rooftops, sometimes the snow falls down. As the heavy snow falls it often brings icicles with it and can cause injuries to people walking underneath. It's a big problem in Sweden during the winters.

5. Slippery ice

The winter in Sweden is pretty cold, and there are often ice patches on the ground that are easy to slip on. It also causes lots of problems for transportation such as cars and buses. There are a lot of traffic accidents because of this.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #20

Frequently used modes of transportation

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

20

SWEDISH

1. What are the five most frequently used modes of transportation in Sweden?
2. 1. Buss
3. 2. Bil
4. 3. Tåg
5. 4. Tunnelbana
6. 5. Cykel

ENGLISH

1. What are the five most frequently used modes of transportation in Sweden?
2. 1. Bus
3. 2. Car
4. 3. Train
5. 4. Metro
6. 5. Bicycle

VOCABULARY

Swedish	English	Class	Gender
---------	---------	-------	--------

buss	bus	noun	common
bil	car	noun	common
tåg	train	noun	neutral
tunnelbana	metro	noun	common
cykel	bicycle	noun	common

SAMPLE SENTENCES

<p>Man måste köpa bussbiljett innan man går på en buss i Stockholm.</p> <p>"You have to buy a bus ticket before you get on a bus in Stockholm."</p>	<p>Sveriges mest kända bil är Volvo.</p> <p>"Sweden's most well-known car is Volvo."</p>
<p>Om ett tåg inte kommer kan man ibland få ta en ersättningsbuss.</p> <p>"If a train doesn't come, you sometimes have to take a replacement bus."</p>	<p>Tunnelbanan i Stockholm är den 28e längsta i världen.</p> <p>"The Stockholm metro is the 28th longest in the world."</p>
<p>I Stockholm fanns det år 1896 nästan 5000 cyklar.</p> <p>"In Stockholm, there were almost 5,000 bicycles in 1896."</p>	

CULTURAL INSIGHT

1. Bus

Buses are a common mode of transportation in Sweden, especially in places where there are no trains or subways. In the winter, buses tend to be late due to bad weather, and passengers can sometimes wait for a bus that never comes.

2.

Car

Because of the environmental effects, people are now using cars less frequently than before. The government is also trying to make people take the bus or the train instead of using a car.

3. Train

In Sweden there are both local and long distance trains. In the winter, the trains usually have lots of delays due to the weather. This upsets many Swedes.

4. Metro

In Sweden, only Stockholm has a metro system. It has about a hundred stations and is divided into seven lines in three groups-red, green, and blue.

5. Bicycle

Depending on where you live, it's common to ride a bicycle to work or school. In Sweden, you must wear a helmet to ride a bicycle if you're under fifteen years of age.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #21 Shops or services in town

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

21

SWEDISH

1. What are the five most popular shops and services in Sweden?
2. 1. Apotek
3. 2. Systembolaget
4. 3. Bank
5. 4. Bageri
6. 5. Bensinmack

ENGLISH

1. What are the five most popular shops and services in Sweden?
2. 1. Pharmacy
3. 2. Government-owned liquor shop
4. 3. Bank
5. 4. Bakery
6. 5. Gas station

VOCABULARY

Swedish	English	Class
---------	---------	-------

bensinmack	gas station	noun
apotek	pharmacy	noun
systembolaget	government-owned liquor shop	noun
bank	bank	noun
bageri	bakery	noun

SAMPLE SENTENCES

<p>En av de vanligaste bensinmackarna är Statoil.</p> <p>"One of the most common gas stations is Statoil."</p>	<p>År 2009 fanns det cirka 950 apotek i Sverige.</p> <p>"In 2009 there were about 950 pharmacies in Sweden."</p>
<p>Om man ser ut att vara under 25 år gammal måste man visa legitimation på systembolaget.</p> <p>"If you look to be under 25 years old you have to show your ID at a government-owned liquor shop."</p>	<p>En av de största bankerna i Sverige är Nordea.</p> <p>"One of the biggest banks in Sweden is Nordea."</p>
<p>Om man jobbar i ett bageri börjar man tidigt på morgonen.</p> <p>"If you work in a bakery you start early in the morning."</p>	

CULTURAL INSIGHT

1. Pharmacy

Until 2009, the pharmacies were owned by the government. All pharmacies in Sweden still

have approximately the same products though, and you can find a pharmacy almost anywhere.

2. Government-owned liquor shop

A liquor chain store owned by the government. In Sweden, you cannot buy alcohol in any store other than this one.

3. Bank

These days, most Swedish banks do not handle paper money, and you can only talk to them about savings, funds, and so on. You can only withdraw money from certain Swedish banks.

4. Bakery

In Swedish bakeries, you can find all kinds of bread, cakes, and sweet buns. It's common to order a birthday cake at a bakery, usually a so-called princess cake.

5. Gas station

There will be a gas station almost anywhere you go in Sweden. You can find them along motorways and in the cities. There are also self-service ones.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #22

Popular chain stores

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

22

SWEDISH

1. What are the five most popular chain stores in Sweden?
2. 1. H and M
3. 2. IKEA
4. 3. ICA
5. 4. Gina Tricot
6. 5. MAX hamburgare

ENGLISH

1. What are the five most popular chain stores in Sweden?
2. 1. H and M
3. 2. IKEA
4. 3. ICA
5. 4. Gina Tricot
6. 5. MAX hamburgers

VOCABULARY

Swedish	English	Class
---------	---------	-------

H and M	H and M	noun
IKEA	IKEA	noun
ICA	ICA	noun
Gina Tricot	Gina Tricot	noun
MAX hamburgare	MAX hamburgers	noun

SAMPLE SENTENCES

<p>H & M står för Hennes och Mauritz.</p> <p>"H & M stands for Hennes and Mauritz."</p>	<p>IKEAs produkter är döpta efter svenska namn, städer, ord och saker.</p> <p>"IKEA's products are named after Swedish names, cities, words, and things."</p>
<p>ICA har även en egen bank som heter ICA Banken.</p> <p>"ICA also has their own bank called ICA Banken."</p>	<p>På Gina Tricots huvudkontor är 94% kvinnor.</p> <p>"At Gina Tricot's head office, 94 percent are women."</p>
<p>MAX hamburgare försöker att ge funktionshindrade en chans till arbete.</p> <p>"MAX hamburgers are trying to give people with disabilities a chance to work."</p>	

CULTURAL INSIGHT

1. H and M

H and M is a popular Swedish clothing line that sells cheap but well-designed clothes for all ages. H and M now exists in 43 countries.

2. IKEA

IKEA is a Swedish furniture company that has shops in 38 countries. IKEA was founded by Ingvar Kamprad in 1943. Ingvar was then seventeen years old. IKEA sells low-priced, well-designed furniture. IKEA uses one percent of the earth's wood supply.

3. ICA

ICA is the name of a Swedish grocery store. It comes in different sizes-from ICA Nära, which is comparable to a convenience store, to the huge MAXI ICA Stormarknad, or supermarket.

4. Gina Tricot

Gina Tricot is a Swedish fashion brand, and it has about 170 stores around Scandinavia and Germany. They sell clothes for women of all ages, but mostly around the age of seventeen to twenty-five years old.

5. MAX hamburgers

MAX is a Swedish hamburger fast food restaurant that has over a hundred restaurants in Sweden, Norway, Denmark, and Dubai.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #23 Artists

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

23

SWEDISH

1. Who are the five most well-known artists in Sweden?
2. 1. Anders Zorn
3. 2. Bruno Liljefors
4. 3. Peter Dahl
5. 4. Carl Larsson
6. 5. Carl Milles

ENGLISH

1. Who are the five most well-known artists in Sweden?
2. 1. Anders Zorn
3. 2. Bruno Liljefors
4. 3. Peter Dahl
5. 4. Carl Larsson
6. 5. Carl Milles

VOCABULARY

Swedish	English	Class
---------	---------	-------

Anders Zorn	Anders Zorn	noun
Bruno Liljefors	Bruno Liljefors	noun
Peter Dahl	Peter Dahl	noun
Carl Larsson	Carl Larsson	noun
Carl Milles	Carl Milles	noun

SAMPLE SENTENCES

<p>Anders Zorn levde bara tills han var 60 år gammal.</p> <p>"Anders Zorn only lived until he was sixty years of age."</p>	<p>Bruno Liljefors mellannamn var Andreas.</p> <p>"Bruno Liljefors's middle name was Andreas."</p>
<p>Peter Dahl blev svensk medborgare år 1954</p> <p>"Peter Dahl became a Swedish citizen in 1954."</p>	<p>Det finns en väg i Stockholm som heter Carl Larssons väg.</p> <p>"There is a road in Stockholm called Carl Larsson's road."</p>

Den största samlingen av Carl Milles skulpturer finns i USA.

"The biggest collection of Carl Milles's sculptures is in the USA."

CULTURAL INSIGHT

1. Anders Zorn

Anders Zorn was born in 1860 and was a world renowned painter. Among his models were presidents from the U.S.A., the king and queen of Sweden, and other members of high society. He's also famous for his nude paintings of women.

2. Bruno Liljefors

Bruno was born in 1860 and was the most important wildlife painter of the late nineteenth and early twentieth centuries. He was also one of the early Swedish comic creators.

3. Peter Dahl

Peter was born in 1934 and was a Swedish painter born in Norway. He painted in an expressive realistic style using bright colors, and his works were often focused on criticising the upper class.

4. Carl Larsson

Carl was a Swedish painter and interior designer born in 1853. He painted mostly in watercolors. His favorite models were his wife and eight children.

5. Carl Milles

Carl was born in 1875 and was a Swedish sculptor, best known for his fountains. He made the Poseidon statue in Gothenburg, the Gustaf Vasa statue at the Nordiska Museet, and more.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #24 Musicians

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

24

SWEDISH

1. Who are the five most well-known musicians in Sweden?
2. 1. ABBA
3. 2. Roxette
4. 3. Ace of Base
5. 4. Robyn
6. 5. The Hives

ENGLISH

1. Who are the five most well-known musicians in Sweden?
2. 1. ABBA
3. 2. Roxette
4. 3. Ace of Base
5. 4. Robyn
6. 5. The Hives

VOCABULARY

Swedish	English	Class
---------	---------	-------

ABBA	ABBA	noun
Roxette	Roxette	noun
Ace of Base	Ace of Base	noun
Robyn	Robyn	noun
The Hives	The Hives	noun

SAMPLE SENTENCES

<p>ABBA bestod av två gifta par.</p> <p>"ABBA consisted of two married couples."</p>	<p>Roxette har sålt 75 miljoner skivor världen över.</p> <p>"Roxette has sold 75 million CDs worldwide."</p>
<p>Ace of Base hette från början Tech Noir.</p> <p>"Ace of Base was originally called Tech Noir."</p>	<p>Robyn heter egentligen Robin Miriam Carlsson.</p> <p>"Robyn is actually named Robin Miriam Carlsson."</p>
<p>The Hives sångare heter Howlin' Pelle Almqvist.</p> <p>"The Hives' singer is called Howlin' Pelle Almqvist."</p>	

CULTURAL INSIGHT

1. ABBA

Abba is a Swedish pop group formed in 1973. They became super famous all around the world. Abba has sold over 381 million albums and singles, which makes them the second best-selling band of all time.

2. Roxette

Roxette is a Swedish rock-pop duo with many international hit songs such as It Must Have Been Love, Joyride, and Listen To Your Heart. They were the most popular in the 90s.

3. Ace of Base

Ace of Base is the third most successful band of all time from Sweden after Abba and Roxette. Popular singers such as Lady Gaga and Katy Perry have said that they were influenced by Ace of Base.

4. Robyn

Robyn was born in 1979 and is a Swedish singer and recording artist. She had a Grammy Award nomination for the category of Best Dance Recording in 2011.

5. The Hives

The Hives is a rock band from Sweden. They're always performing in black-and-white suits, and music critics say that they're one of the best live rock bands in current music.

LESSON NOTES

Culture Class: Essential Swedish Vocabulary #25 Writers

CONTENTS

- 2 Swedish
- 2 English
- 2 Vocabulary
- 3 Sample Sentences
- 3 Cultural Insight

25

SWEDISH

1. Who are the five most well-known writers in Sweden?
2. 1. August Strindberg
3. 2. Stieg Larsson
4. 3. Astrid Lindgren
5. 4. Henning Mankell
6. 5. Tomas Tranströmmer

ENGLISH

1. Who are the five most well-known writers in Sweden?
2. 1. August Strindberg
3. 2. Stieg Larsson
4. 3. Astrid Lindgren
5. 4. Henning Mankell
6. 5. Tomas Tranströmmer

VOCABULARY

Swedish	English	Class
---------	---------	-------

August Strindberg	August Strindberg	noun
Stieg Larsson	Stieg Larsson	noun
Astrid Lindgren	Astrid Lindgren	noun
Henning Mankell	Henning Mankell	noun
Tomas Tranströmer	Tomas Tranströmer	noun

SAMPLE SENTENCES

<p>August Strindberg var gift tre gånger.</p> <p>"August Strindberg was married three times."</p>	<p>Stieg Larsson är känd för sitt engagemang mot högerextremism och rasism.</p> <p>"Stieg Larsson is known for his involvement against the extreme right and racism."</p>
<p>Från och med år 2014 kommer Astrid Lindgren finnas på de svenska 20-kronorssedlarna.</p> <p>"From 2014, Astrid Lindgren will be on the Swedish 20 kronor bill."</p>	<p>Henning Mankell har sålt över 40 miljoner böcker.</p> <p>"Henning Mankell has sold over 40 million books."</p>
<p>Tomas Tranströmer har även arbetat som psykolog.</p> <p>"Tomas Tranströmer has also worked as a psychologist."</p>	

CULTURAL INSIGHT

1. August Strindberg

August was born in 1849 and was a playwright, novelist, poet, essayist, and painter. He's

considered the father of modern Swedish literature, and his work *The Red Room* has been described as the first modern Swedish novel.

2. Stieg Larsson

Stieg was born in 1954 and was a journalist and a writer. He is best known for writing the Millennium Trilogy which has sold 65 million copies. He was the second best-selling author in the world in 2008.

3. Astrid Lindgren

Astrid was born in 1907 and is the most well-known writer of children's books in Sweden of all time. She's the world's 18th most translated author and has come up with characters such as Pippi Longstocking and Karlsson-on-the-roof. Many of her books have been made into live action films.

4. Henning Mankell

Henning was born in 1948 and is a Swedish crime writer. He's best known for his works about Inspector Kurt Wallander. He was a left-wing political activist in his youth and a strong opponent of the Vietnam War and South African apartheid.

5. Tomas Tranströmer

Tomas is a poet and was born in 1931. His poetry has been translated into over 60 languages, and he was awarded the Nobel Prize in Literature in 2011.